

PREFACE.

THE AMERICAN PURE FOOD COOK BOOK AND HOUSEHOLD ECONOMIST has been written to supply the need for a clear, practical and concise volume on the conduct of every department of the home.

The cooking department, always the most important, is on modern lines. "Pure food" is no longer considered a fad or a fancy. It has, in fact, become the subject of much legislative attention in many of the States of the Union. The sale of food products that are not what they purport to be has been restricted, and not a few products have been prohibited altogether.

The people can not be too well posted upon the quality of the food they eat, for upon this depends largely the general health in the home. The fact that the State legislatures have taken up the matter is the strongest reason for a thorough study of the subject by every person who has to provide for the daily needs of a household. This book deals with the subject in a manner which will appeal to the common sense of all. It is a plain statement of the facts as they exist.

In the treatment of other departments of the home, the work is too broad to be even outlined in this preface. It considers every phase of household economy, and deals with every problem which the housekeeper has to solve, whether health or sickness prevail.

No one authority could write a book of so broad a scope; therefore specialists and writers of national reputation have been secured to contribute the chapters on special subjects. The result is an extensive book of expert and scientific articles on the most modern methods for the successful conduct of the home.

THE PUBLISHERS.

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WHAT we eat, we are," says Heine ; and while this assertion is not quite true in fact, it is generally true as a principle. The kind of food consumed for vital functions determines a kind of character; variations of food determine variations of character. The boy Mowgli of the forest, nurtured on wolves' milk, is simply an ordinary boy if nourished on usual foods and under usual conditions.

FUNCTIONS OF FOOD.

Plants respond actively to changed foods, and while animals are affected by change of food, it is in function rather than in constitution, and if this disturbance be sustained, the character is modified to meet it. The functions of foods are not at all clearly understood, except in a broad way. We know that we eat to supply bodily needs, and that the food eaten should contain certain compounds in certain more or less definite proportions ; and while one may readily concede that sugar and starch can not of themselves supply the needs of the body, we rebel against the dictum of ideal foods, not perhaps in fact but in principle. Yet there are certain ideal proportions of compounds which the body requires to replace those used either for building or functioning. We can scarcely hope to reach this ideal, but there are good grounds for believing that we might approach it by proper knowledge of the constitution of foods. Most foods are made up of three classes of compounds :—

1. Proteins, which supply muscular tissue and all parts of the body requiring nitrogen.

2. Carbohydrates and fats, which supply energy and heat.

3. Mineral salts, or ash, which supply material for bones, teeth, and other portions of the body.

The term protein is used to designate food substances having nitrogen in their composition, and includes the lean flesh of meats and fish, the gluten of wheat flour, the legumen of beans and peas, and is the only substance which can build muscular tissue. Carbohydrates is a term applied to sugar and starch, which, together with fats, produce animal heat and force. Mineral salts is the name given to the ash which is left after burning a food substance, and is used by the body to form bones, teeth, and other parts of the body needing them. There is a proper balance as to proportion in which these compounds should exist for adequate nourishment to the body, but too often the dietary is very unbalanced.

It may be argued that our food usually contains an excess of all the compounds the body needs ; but that is not true: the increasing number of dentists and doctors in existence, is an argument showing that unbalanced dietaries are in common use. There is considerable evidence that animal foods in excess bring about various physiological complications, due either to excess of nitrogenous material or lack of the mineral salts. There is also evidence that lack of proper mineral salts follows the excessive use of starchy foods; and the evidence is becoming stronger daily, that nature has supplied the vegetable world with ample mineral salts for our needs, and that the salts so organized for our use are far better adapted to our needs than those present in animal food. The mere presence of mineral salts in beef is not proof that they are in the form necessary for our nutrition. They may, in fact, be more or less harmful because they are used products, having served their function, and no longer capable of supplying our needs. We know that we are constantly renewing all parts of the body by means of our food; why should we renew the mineral salts unless they had lost the character suited to their existence in the body?

NUTRITION. The animal processes of nutrition are destructive ; those of the vegetable world are constructive. There is a seeming antagonism between them, the one destroying what the other constructs. But the antagonism is more apparent than real, because

the destructive powers of animal nutrition supply plant life with the elementary compounds necessary for its existence, which it organizes, under the conditions of vital activity and sunlight, into most complex bodies for the use of the animal world. In beef we get the nitrogenous bodies as flesh, but the mineral salts have gone into the bones and teeth of the animal; if we consume the plant direct, instead of through the beef, we get our mineral salts organized in the form best suited to our needs. There may be some truth in the popular view concerning whole-wheat flour—the whole berry ground—that it supplies bone and teeth foods; and judged from its chemical composition there is good reason for the belief; but medical opinion is growing more decided in opposition to this view, because it has been found that the texture of the bran holds the mineral salts and protein so closely that ordinary digestion leaves them practically untouched and unaltered, and that the horny edges of the bran irritate the intestinal canal and cause a further loss of protein. The germ of the wheat is not open to such objections, and it contains the mineral salts in large quantities and in the most highly organized form; and it is probably this body that exercises the good influence popularly ascribed to whole-wheat flour.

Bread constitutes so large a part of the daily food of most people, that more than passing notice may be taken of it. A wheat berry may be crudely divided into three parts: the bran, the germ, and the endosperm, or body. The germ is a small body, rich in nitrogenous matter, mineral salts, and fat, constituting about two per cent. of the berry. It can be separated from the berry, and if the berry be placed under conditions favorable to the growth of wheat, no growth can take place; if the germ of rye be taken from it and the wheat germ substituted, a wheat plant will grow if placed favorably for growth, showing that the body of the berry is a dead, inert storehouse of food for the future plant, which emanates from the germ.

As a part of the process of milling, the wheat is moistened with water to toughen the bran, and then passed through a series of iron and porcelain rolls which crush the endosperm into flour; on account of the fibrous character of the bran, it flakes off the wheat at an early stage, and is separated; part of the germ passes into the flour, but the germ-oil has a tendency to rancidity, preventing the use of as much germ in the flour as its valuable character would justify. It is there-

fore separated from the flour with the bran; the inclusion of the bran in flour seems to be no more necessary for human food than it is for the use of the future wheat plant, which, after drawing upon the endosperm, rejects the bran, and leaves it to decay. Any process favoring the retention of the germ in the flour would considerably enhance its value as a food. Peas, beans, and other seeds, making part of common dietaries, also contain ample mineral salts capable of supplying the bodily needs.

**MICROBES
IN FOOD.**

It is common practise to decry the presence of microbes in our foods, and yet many foods achieve a special value because of their presence. The most delicate flavor of butter is the product of a microbe which is now especially prepared at many laboratories for butter makers. Cheese is another commodity depending upon a staff of special microbes for its value and flavor. Wines are the product of many types of microbes acting as a unit to change grape juice into a special beverage. Bread is another substance in which microbes display a benevolent activity; some of them render the bread porous and make it easily accessible to the digestive juices, others partly digest some of the substances of the flour, making the resultant bread easier to digest.

It can be gathered from this brief review of microbic activity, that the microbic processes which we employ under usual food conditions are similar in principle to human digestion in exercising a destructive nutrition in contradistinction to the constructive nutrition of plants. Many disease-producing germs are also present with those of a beneficent character, and many cases of poisoning arise from the toxic products produced by them from foods upon which they act. Sausages are common fields of development for toxines; this may be due in many instances to the fact that unscrupulous manufacturers are compelled to use large quantities of antiseptics because of uncleanly methods, and these antiseptics only permit very active virulent types of microbes to grow, producing chemical changes which react upon the substances used to prevent decomposition. But cleanly methods and proper conditions require the least use of antiseptics. There is a steady growth of science applied under the supervision of trained experts to

all branches of food production, which is influencing human affairs to a much larger extent than is generally known, and it is under this supervision that special development of yeast for bread-making, microbes for butter and cheese manufacture, and of favorable conditions for the development of special microbes in wine fermentation, and so on through a number of processes more or less related to foods, operate to the practical elimination of the toxine-forming microbe. The development of all microbic life is governed by the presence of favorable conditions and foods. Milk favors the growth of lactic-acid-producing bacteria; grape juice and malt solutions favor yeast growth, and morbid conditions of the body favor the growth of disease-creating microbes and produce poisons which cause constitutional disturbance.

**ADUL-
TERATION
OF FOODS.** The fact of the possible development of malific microbes in foods prepared under unhealthy conditions argues in favor of pure foods, and the most perfect hygienic methods of preparation. This argument applies not only to the hygienic conditions associated with pathogenic microbes, but equally to the compounds added to pure foods for adulteration. It may be true that chicory in coffee exercises no worse influence than the ground coffee bean; but it is surely wiser to demand that our chicory be served to us as chicory, and that our coffee be served to us pure. The recent practise of adulterating wheat flour with corn-flour or corn-starch, is another case in point. Corn-flour is a valuable article of food, and is used by a large number of people; corn-starch is also used in many food preparations, but the inclusion of corn-flour in wheat flour, makes the proportion of gluten less and makes it more difficult to get a well-raised loaf; the same is also true of added corn-starch to wheat flour, with this difference: that with corn-flour the total percentage of flesh-forming food present may not be lowered, but with corn-starch this percentage is lowered in exact proportion to the amount of corn-starch used, and from a strict physiological view, a loss of protein is a greater loss than that of any other compound. If we require corn-starch or corn-flour in the wheat flour, we should buy them separately, and add them according to our own desire.

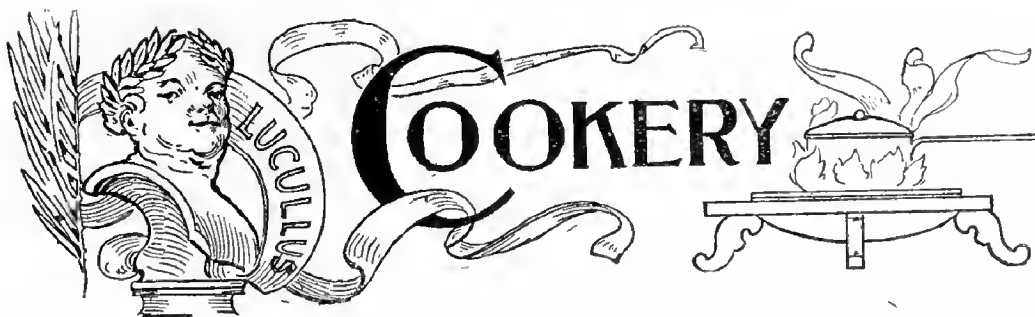
A prolific source of adulteration is that offered by baking-powders. From a physiological view, the best baking-powders are composed of phosphate of potash, the next are the lime phosphates; the phosphate of potash powders are not manufactured for some difficulty in their manufacture. The ordinary phosphate powders contain large quantities of sulphate of lime, which is liable to create serious disturbance. The adulteration of baking-powders by alum is confined to those made up of phosphates, and is made punishable in many States. No injustice is intended in this criticism, as properly made phosphate baking-powders are the most perfect we can conceive; the salts formed in the bread or cakes made from it are likely to occasion the least intestinal disturbance.

The cream-of-tartar baking-powders represent a certain excellence of value and purity, which is not practically attained by other baking-powders, their only defect being the physiological disturbance occasioned by the salts found in the foods prepared in them as an ingredient; these are known as Rochelle salts, somewhat laxative and having considerable influence on the muscular coatings of the stomach and intestines.

Two other sources of frequent physiological disturbance which supply foods forming part of our daily dietaries, are the dried meats — bacon and ham — and canned foods. Uncleanly methods requiring large quantities of hurtful antiseptics, which, in their turn, become fruitful sources of digestive trouble, is one point where law enforcement is necessary; the case of canned goods is based on similar grounds, the use of chemical agents for preserving or giving a special character to the substances,—such as greening peas and coloring tomatoes.

When we consider how much influence our food plays in our relations to others, as a source of our ideas, our energies, our affections, and capabilities, it is not surprising that we should insist upon its purity. Our sympathies should be with the man who endeavors to supply us with milk free from impurities and antiseptics; with the canner or packer whose methods are above suspicion.

DAVID CHIDLOW.



“What does cookery mean?—It means the knowledge of Medea, and of Circe, and of Calypso, and of Helen, and of Rebekah, and of the Queen of Sheba. It means knowledge of all herbs, and fruits, and balms, and spices, and of all that is healing and sweet in groves, and savory in meat. It means carefulness and inventiveness, watchfulness, willingness, and readiness of appliances. It means the economy of your great-grandmother, and the science of modern chemistry, and French art, and Arabian hospitality. It means, in fine, that you are to see imperatively that every one has something nice to eat.”—RUSKIN.

FROM the richest to the poorest, the selection and preparation of food often becomes one of the chief objects in life. The resources of every family may be greatly increased by the knowledge of what may be called trifling details; and refinement in the art of cookery depends much more on the manner of doing a thing than on the cost attending it. To cook well is immensely more important to the middle and working classes than to the rich; for they who live by the “sweat of their brow,” whether mentally or physically, must have the requisite strength to support their labor. Every wife, mother, or sister should be a good plain cook. If she has servants she can direct them, and if not, so much the more must depend upon herself.

An old saying, to be found in one of the earliest cookery books — “First catch your hare,” etc.—has more significance than is generally supposed. To catch your hare well, you must spend your income judiciously. This is the chief thing. In our more or less artificial state of society, every income, to keep up appearances, has at least half as much more to do than it can afford. In the selection of provisions the best is generally the cheapest. Half a pound of good meat is more

nutritious than three times the amount of inferior. As to vegetables, buy them fresh. Above all, where an income is small and there are many to feed, be careful that all the nourishment is retained in the food that is purchased. This is to be effected by careful cooking. Cleanliness is an imperative condition. Let all cooking-utensils be clean and in order. Uncleanliness produces disorder, and disorder confusion. In the cooking of meat by any process whatever, remember, above all, to cook the juices in it, not out of it.

Food is mainly prepared by submitting it to the action of fire, as by roasting, boiling, stewing, and frying. These processes give each a different flavor to food, but result alike in rendering the tissues, both of animal and vegetable food, softer and much more easily dealt with by the digestive organs.

The art of cookery was carried to considerable perfection among some of the ancient nations ; as, for instance, the Egyptians, Persians, and Athenians.

" But first
Or last, your fine Egyptian cookery
Shall have the fame. I have heard that Julius Cæsar
Grew fat with feasting there."

— Antony and Cleopatra.

Extravagance and luxury at table were notable features of Roman life under the empire. Among moderns, the Italians were the first to reach a high degree of art in this department. Their cooking, like that of the ancient Romans, is distinguished by a free use of oil. Italian cookery seems to have been transplanted by the princesses of the house of Medici to France, and was carried there perhaps to the highest degree of perfection ; even yet the skill and resource which the French cook shows in dealing often with very slight materials is a highly creditable feature in the domestic economy of the nation.

The latest phases of cookery consist in the study of foods in their necessary proportions, and in their preparation along scientific lines. What effect has the application of heat to the raw material ? What chemical change does it undergo, and why should it be submitted to the processes of cookery ? What is the make-up of the human body, that it requires a certain proportion of various elements to provide against natural waste ?

The proper proportions of food are determined by age, sex, occupation, climate, and the season of the year. Cookery, therefore, in one sense, is a very elastic art, and in another it is a close, scientific study. To meet the food requirements of all the members of a family at all times is a problem, the solution of which is far from easy. Upon the proper solution depends the health and, therefore, to a great extent, the happiness of the home.

Food is prepared through the agency of heat, air, and moisture. The province of heat is to create new flavors, and to change the odor, taste, and digestibility of the articles of food. It swells and bursts the starch cells in rice, flour, and potatoes, and thereby exposes their nourishment to the free access of the digestive fluids. It hardens the albuminous matter in eggs, meat, and fish. It softens the fibers of meat, vegetables, and fruits. At the same time it breaks up all the tiny cells and causes them to give up their hidden flavors.

Dry heat would not suffice to make the necessary transformation in many articles of food, therefore water is necessary. Many products in the process of ripening or maturing lose most of their natural moisture. Such are grains, peas, beans, and dried fruits. Water in cooking swells the starch, cellulose, and gluten of some articles, draws out certain undesirable flavors in others, and softens and dissolves the gelatinous portions of meat. It thus opens up the possibilities of the food products to the action of the heat.

Air, by the action of oxygen upon food while cooking, develops certain flavors on account of the chemical change which it undergoes. Many articles cooked in the open air have a much finer flavor than if cooked in a closed oven, or when cooked while immersed in water.

The various methods of cooking are merely the application of these three elements in different proportions. The following paragraphs give in general the methods used in the preparation of articles of food.

BOILING. In boiling, put the meat, if fresh, into cold water, or, if salt, into lukewarm. Simmer it very gently until done. It is a general rule to allow a quarter of an hour to every pound of meat; but in this, as in everything else, judgment must be used

according to the bone and shape of the joint, and according to the taste of the eaters. All kinds of meat, fish, flesh, and fowl should be boiled very slowly, and the scum taken off just as boiling commences. If meats are allowed to boil too fast they toughen, all their juices are extracted, and only the fleshy fiber, without sweetness, is left; if they boil too long they are reduced to a jelly, and their nourishing properties are transferred to the water in which they are boiled. Nothing is more difficult than to boil meat exactly as it should be; close attention and good judgment are indispensable.

STEWING. Stewing is boiling in a small quantity of water at a moderate heat and for a long time. This method is economical, provided there is something else requiring fire at the same time. The toughest meat or vegetable fibers will soften in time, hence stewing often results in a tender and nutritious dish which otherwise would be practically indigestible. A stew is also called ragout, haricot, or salmi, but the principle is the same — that of slow, steady simmering, as distinguished from fierce boiling.

ROASTING. In roasting meat, the gravy may be retained in it by pricking the joint all over with a fork and rubbing in pepper and salt. Mutton and beef may be underdone; veal and pork must be well cooked. Young meat generally requires more cooking than old; thus, lamb and veal must be more done than mutton and beef. In frosty weather, meat will require a little more time for cooking. All joints for roasting will improve by hanging a day or so before cooking.

BROILING. Broiling is the most nutritious method of cooking mutton and pork chops, or beef and rump steaks, and kidneys (which should never be cut open before cooking). Have the gridiron clean, and put over a clear fire; put the meat on it; “keep it turned often.” This last is a common direction in books, but the reason why is never stated: it is to keep the gravy in the meat. By letting the one side of a steak be well done before turning, you will see

the red gravy settled on the top of the steak, and so the meat is hard and spoiled. This is cooking the gravy out, instead of keeping it in to nourish the consumer. Never stick the fork in a meaty part; you will lose gravy if you do. Be sure to turn often, and generally the chop or steak is done if it feels firm to the fork; if not done, it will be soft and flabby.

FRICASSEE-ING AND BRAIZING. Fricasseeing and braizing are forms of stewing. Fricasseeing is usually applied to chicken, veal, or small game which is fried either before or after stewing and served with a thick sauce. Braizing is usually done in a kettle which has coals in the cover. The idea is to keep the pan closely covered in order to keep in the steam. It is a good way to cook large pieces of tough, lean meat, liver, fowls, and heart.

FRYING. Although very bad for chops or steaks, the frying-pan is indispensable for some things, such as veal cutlets, lamb chops (sometimes), fish, pancakes, etc. Most meats and fish are usually fried with egg and bread-crumbs. The frying-pan must be kept clean. This is very essential, as the dirt that sticks to the pan absorbs the fat, prevents the meat browning and turns it black. Have a clear, brisk fire, for the quicker meat is fried the tenderer it is. According to what is to be fried, put little or much fat in the pan; fish and pancakes require a considerable quantity. The fat must always boil before putting the meat into it; if not, it coddles. For veal cutlets a little butter is best and most economical, as it helps to make the gravy. Some cooks have a few slices of bacon with cutlets or liver; the fat from this, if the bacon be not rank, will do very nicely; and if the meat be well flavored and fried quickly, and some nice gravy made to it, few persons would know the difference. Some like thickened and some plain gravy to these fried meats; some a large quantity, others very little; all these must be accommodated. To make these gravies, have ready a little burnt sugar to brown with; empty the pan of the fat, if it be, as is most likely, too rank to use; put warm water in the pan; mix very smoothly sufficient flour and water to thicken it to

taste; into this put as much butter as you like to use (a little will do, more will make it richer); pepper and salt it sufficiently; stir it very smoothly into the pan while the water is only warm; stir it well until it boils, and brown it with the burnt sugar to your taste. Care must be taken, after the gravy boils, not to let it boil fast for any length of time, as all thickened gravies, hashes, etc., boil away very fast and dry up; neither must it stand still in the pan; a whitish scum then settles on the top and spoils the appearance of it. N. B.—For all frying purposes be particular that the pan is thoroughly hot before using.

BAKING. Baking is cooking in a dry heat in a closed oven.

Bread, pastry, puddings, and in fact nearly all flour mixtures have to be baked to render them wholesome. In baking meats the loss in weight is much less than when cooked in any other way. The problem in baking them is to keep the juices within the meats. A meat roast should be put into a very hot oven in order to harden the albumen on the surface and thus imprison all the juices. The heat should be reduced somewhat so that the surface may not become too hard. The article should be basted frequently to prevent drying.

TIME-TABLES FOR COOKING. The time required to cook foods is given in each recipe in almost every case, but the accompanying table will be of great use for general reference. There are many instances when a meal has to be prepared in short order. The question of what will require the least time to cook arises immediately. These tables will answer the question.

BAKING	Beef, sirloin, rare, per pound.....	8 to 10 mins.
MEATS.	Beef, sirloin, well done, per pound.....	12 to 15 "
	Beef, rolled rib or rump, per pound.....	12 to 15 "
	Beef, long or short fillet.....	20 to 30 "
	Mutton, rare, per pound.....	10 "
	Mutton, well done, per pound.....	15 "
	Lamb, well done, per pound.....	15 "

Veal, well done, per pound.....	20	mins.
Pork, well done, per pound.....	30	"
Turkey, ten pounds weight.....	3	hrs.
Chickens, three to four pounds weight.....	1 to 1½	"
Goose, eight pounds.....	2	"
Tame duck.....	40 to 60	mins.
Game duck.....	30 to 40	"
Grouse.....	30	"
Pigeons.....	30	"
Small birds.....	15 to 20	"
Venison, per pound.....	15	"
Fish, six to eight pounds; long thin fish.....	1	hr.
Fish, four to six pounds; thick fish.....	1	"
Fish, small.....	20 to 30	mins.

BAKING	Bread.....	40 to 60	mins.
BREAD, CAKE,	Biscuit, rolls.....	10 to 18	"
AND PASTRY.	Graham gems.....	30	"
	Gingerbread.....	20 to 30	"
	Sponge cake.....	45 to 60	"
	Plain cake.....	30 to 40	"
	Fruit cake.....	2 to 3	hrs.
	Cookies.....	6 to 15	mins.
	Bread pudding.....	1	hr.
	Rice and tapioca.....	1	"
	Indian pudding.....	2 to 3	hrs.
	Plum pudding.....	2 to 3	"
	Custards.....	15 to 20	mins.
	Steamed brown bread.....	3	hrs.
	Steamed puddings.....	1 to 3	"
	Pie crust.....	about 30	mins.
	Potatoes.....	30 to 45	"
	Baked beans.....	6 to 8	hrs.
	Braized meat.....	3 to 4	"
	Scalloped dishes.....	15 to 20	mins.
	Tarts.....	15 to 20	"
	Corn cake, thin.....	15 to 20	"
	Corn cake, thick.....	30 to 35	"
	Patties.....	20 to 25	"

BOILING.	Mutton, leg.....	2 to 3	hrs.
	Ham, weight twelve to fourteen pounds... ..	4 to 5	"
	Corned beef or tongue.....	3 to 4	"
	Turkey, weight nine pounds.....	2 to 3	"
	Fowl, weight four to five pounds.....	2 to 3	"

Chicken, weight three pounds.....	1 to 1½ hrs.
Lobster.....	25 to 30 mins.
Cod and haddock, weight three to five pounds.....	20 to 30 "
Halibut, thick piece, weight two to three pounds.....	30 "
Bluefish and bass, weight four to five pounds.....	40 to 45 "
Salmon, weight two to three pounds.....	30 to 35 "
Small fish.....	6 to 10 "
Potatoes, white.....	20 to 30 "
Potatoes, sweet.....	15 to 25 "
Asparagus.....	20 to 30 "
Peas.....	20 to 60 "
String beans.....	1 to 2½ hrs.
Lima and other shell beans.....	1 to 1½ "
Beets, young.....	45 mins.
Beets, old.....	3 to 4 hrs.
Cabbage.....	35 to 60 mins.
Oyster plant.....	45 to 60 "
Turnips.....	30 to 45 "
Onions.....	45 to 60 mins.
Parsnips.....	30 to 45 "
Spinach.....	25 to 30 "
Green corn.....	12 to 20 "
Cauliflower.....	20 to 25 "
Brussels sprouts.....	15 to 20 "
Tomatoes, stewed.....	15 to 20 "
Rice.....	20 to 30 "
Macaroni.....	20 to 25 "
Coffee.....	1 to 3 "
Eggs, soft cooked.....	6 to 8 "
Eggs, hard.....	35 to 45 "

FRYING.	Chops, breaded.....	5 to 8 mins.
	Potatoes.....	4 to 8 "
	Muffins and doughnuts.....	3 to 5 "
	Croquettes and fishballs.....	1 "
	Fillets of fish.....	4 to 6 "
	Smelts, trout, and other small fish.....	3 to 5 "

BROILING.	Steak, one inch thick.....	4 to 5 mins.
	Steak one and one-half inches thick.....	7 to 10 "
	Lamb or mutton chops.....	6 to 8 "
	Lamb or mutton chops in paper.....	8 to 10 "
	Quails or squabs.....	8 "
	Quails or squabs in paper cases.....	10 to 12 "

Chickens.....	20 mins.
Shad, bluefish, and whitefish	15 to 20 "
Slices of fish, halibut, salmon, and swordfish.....	12 to 15 "
Small, thin fish	5 to 8 "
Liver.....	4 to 5 "

PREPARATIONS FOR COOKING. The success of cookery depends as much upon the manner in which the food is made ready for cooking as upon the actual cooking. The processes require the highest skill. The various preparations of food as it comes from the market include measuring, boning, egging, crumbing, and larding.

MEASURING. Correct measurements are necessary to insure the best results. The experienced cook will have learned to measure by sight, but the majority need definite guides. The spoons and cups used in the recipes in this book are of the average size, and where weights are used their equivalent will be found in the table of weights and measures. Measuring cups divided into quarters or thirds, holding one-half pint, may be bought at any store where kitchen furnishings are sold, and are very useful in the hands of those who have to measure all the ingredients.

A teaspoonful of any dry material means not a heaping spoonful but one that is just rounded over. A tablespoonful is measured in the same way. A spoonful of liquid is a spoonful to the brim.

A cupful of dry material should be filled and heaped lightly, then leveled off even with the top. A cupful of liquid is a cupful to the brim.

All dry material as flour, meal, powdered sugar, and soda should be sifted before measuring. Mustard and baking-powder naturally settle while standing in boxes, therefore they should be stirred to loosen.

In measuring butter, lard, and other solid fats pack them slightly into the cup or spoon and level with a knife.

When dry ingredients, liquids, and fats are called for in the same recipe, measure the dry ingredients first, then the liquids, and then the fats, thereby using but one spoon.

The combining, or mixing, of the ingredients is of great importance. The stirring, beating, cutting, and folding require considerable experience, and care should be taken in all cases to follow strictly the instructions in the recipes in regard to these processes.

WEIGHTS AND MEASURES. The following table of weights and measures has been compiled with care and is thoroughly reliable : —

4 salt-spoonfuls of liquid	=	1 teaspoonful.
4 teaspoonfuls of liquid	=	1 tablespoonful.
3 teaspoonfuls dry material	=	1 tablespoonful.
4 tablespoonfuls of liquid	=	$\frac{1}{4}$ cupful.
16 tablespoonfuls of liquid	=	1 cupful.
12 tablespoonfuls of dry material	=	1 cupful.
8 heaping tablespoonfuls of dry material	=	1 cupful.
1 tablespoonful of liquid	=	$\frac{1}{2}$ ounce.
1 pint of liquid	=	1 pound.
2 gills of liquid	=	1 cup or $\frac{1}{2}$ pint.
1 kitchen cup	=	$\frac{1}{2}$ pint.
1 heaping quart of sifted flour	=	1 pound.
4 cups of flour	=	1 quart or 1 pound.
1 rounded tablespoonful of flour	=	$\frac{1}{2}$ ounce.
3 cups of corn-meal	=	1 pound.
1 $\frac{1}{2}$ pints of corn-meal	=	1 pound.
1 cup of butter	=	$\frac{1}{2}$ pound.
1 pint of butter	=	1 pound.
1 tablespoonful of butter	=	1 ounce.
Butter the size of an egg	=	2 ounces.
Butter the size of a walnut	=	1 ounce.
1 solid pint of chopped meat	=	1 pound.
10 eggs	=	1 pound.
A dash of pepper	=	$\frac{1}{8}$ teaspoonful.
2 cups of granulated sugar	=	1 pound.
1 pint of granulated sugar	=	1 pound.
1 pint of brown sugar	=	13 ounces.
2 $\frac{1}{2}$ cups of powdered sugar	=	1 pound.

A pinch of salt represents 205 grains, or a tablespoonful.

Half a pinch of pepper represents 38 grains, or a teaspoonful.

A third of a pinch of nutmeg represents 13 grains, or half a teaspoonful.

LARDING. Larding is the process of putting small pieces of salt pork or bacon through the surface of uncooked meat. Tenderloin of beef, partridge, pigeon, and liver are much improved in flavor when treated to this process. The pork to be used in this process should be kept in a cold place that it may be well chilled. Use that part of the pork which lies between the rind and vein. Make slices a little less than one fourth of an inch thick, cut into strips one fourth of an inch wide, and from two to two and one-half inches long for beef, but not so long nor so large for small birds. The strips are called *lardoons*. A larding needle should be used to insert the lardoons. In the absence of a larding needle punch a hole through the meat with a steel and insert the lardoon with the fingers. The pork may be laid on the outer surface of the meat and removed after cooking.

Daubing is forcing strips of pork clear through the thickness of the meat, in distinction from larding, which is forcing it through the surface of the meat. This is done by punching a hole through the meat with a steel, and then inserting the lardoons.

BONING. Boning is removing bones from meat or fish and leaving the flesh nearly in its original shape. This process is not essential, as meats may be ordered boned at the market without extra charge. For boning, birds should be fresh-killed, dry-picked, and not drawn. Lay the bird on a board, breast down. With a sharp knife cut through the skin the entire length of the body beginning at the neck. Scrape the flesh from the back-bone to the shoulder-blade, then from the shoulder-blade, continuing around the wing-joint, cutting through the tough portions; then bone the other side in the same way. Free the wish-bone and collar-bone and remove the crop and windpipe; continue down the breast-bone, being careful not to break the skin or cut the delicate membrane within. Scrape the flesh from the second joints and legs, laying it back and drawing off as a glove may be drawn from the finger. Withdraw the carcass and put the flesh back in its original shape. Leave the first bone of the wing to aid in keeping the shape. It may be removed before serving. Small birds have so little meat on the wings that it is no loss to cut them off at the middle joint.

EGGING AND CRUMBING. Dry, stale bread should be used for crumbing and the crumbs should be rolled and sifted. For fish and meat mix salt and pepper and a little chopped parsley with them. Beat the eggs slightly in a shallow dish; add two tablespoon-fuls of milk for each egg, and if they are to be used for sweet dishes add a little sugar, and for other dishes, salt and pepper. Sprinkle the crumbs on a board and roll the fish or chop in the crumbs. Shake off all that do not adhere and when dry dip into the beaten egg, being careful to have every part covered. Roll again in the crumbs, and after the last crumbing, remove the food to a place on the board where there are no crumbs and shake off some of the outer ones which make the coating too thick. A broad-bladed knife should be used for lifting the food to and from the egg mixture. A convenient way to crumb oysters and crabs is to put the crumbs and fish in a paper and shake the paper until the fish is covered.

COOKERY *Agneau.* Lamb.
TERMS. *À la, au, aux.* With; as *huitres aux champignons*, oysters with mushrooms. Dressed in a certain style; as, *Smelts à la Tartare*, with Tartare sauce.
À l'Aurore. A white sauce colored pink with the spawn of lobster.
À la bonne Femme. Of the good housewife.
À l'Estragon. With tarragon.
À la Neige. In snow.
À la Poulette. Meat or fish warmed in a white sauce with yolks of eggs.
À la Reine. Of the queen.
Allemande. A thick white sauce made with cream and the yolks of eggs, and seasoned with nutmeg and lemon-juice.
Angelica. A plant, the stems of which are preserved in syrup, and used for decorating pastry.
Anguilles. Eels.
Asperges. Asparagus.

Aspic Jelly. A transparent jelly made with stock, and used for garnishing.

Au Beurre roux. With browned butter.

Au vert Pie. With sweet herbs.

Aux Cressons. With watercresses.

Aux Rognons. With kidneys.

Bain Marie. A shallow open vessel filled with hot water, in which smaller dishes containing soups and sauces may be placed and kept warm without further cooking until serving-time.

Barbacue. To roast an animal whole, usually in the open air.

Barm. The scum from fermented malt liquors, used as yeast.

Baron of Beef. The two sirloins not cut down the back.

Baron of Lamb. The entire loin, not divided at the back-bone, with the upper part of both legs.

Basil. An herb having a perfume like that of cloves, used as seasoning.

Bavaroise. Bavarian.

Bay-leaves. The leaves of the cherry-laurel tree.

Bécasses. Woodcock.

Béchamel. A white sauce made with stock and cream, named from a celebrated cook.

Beignet. A fritter.

Beurre noir. Browned butter.

Bisque. A shell-fish soup.

Blanch. To parboil, to scald vegetables, nuts, etc., in order to remove their hulls or skins.

Blanquette. Any white meat warmed in a white sauce thickened with eggs.

Bouchées. Patties.

Bœuf. Beef.

Bouillabasse. Several kinds of fish boiled quickly, and highly seasoned with onion, orange peel, saffron, oil, etc.

Bouille. Broth made from beef.

Bouilli. Beef stewed, generally in one large piece, and served with a sauce.

Bouquet, or Fagot, of Herbs. A sprig of each of the herbs used in seasoning, rolled up in a spray of parsley and tied securely.

Braising. Stewing in a covered pan, with heat applied both below and above.

Bravm. Headcheese.

Brettonne. A purée of red onions.

Brioche Paste. Cakes made with yeast.

Broché. A spit.

Brochette. A skewer.

Brunoise. A brown soup or sauce.

Bubble and Squeak. A dish of vegetable hash and meat.

Buttock. A round of beef.

Café au Lait. Coffee with hot milk.

Café noir. Black coffee.

Cuille. Quail.

Calipash. The glutinous meat of the upper shell of the turtle.

Calipee. The glutinous meat of the under shell of the turtle.

Canard. Duck.

Canneton of Meat. Minced and highly seasoned meat, baked in the form of a large roll.

Cupers. Unopened buds of a low trailing shrub grown in southern Europe. Pickled and used in sauces.

Cupon. A chicken castrated for the purpose of improving the quality of the flesh.

Caramel. A syrup of burnt sugar, named after Count Caramel, who discovered what is called the seventh degree of cooking sugar.

Cardoon. A vegetable resembling the artichoke.

Casserole. A mold formed of rice or potato, and filled with a réchauffé.

Champignons. Mushrooms.

Charlotte. A preparation of cream or fruit, formed in a mold, lined with cake or fruit.

Chartreuse. A preparation of game, fillets, etc., molded in jelly and surrounded by vegetables. Invented by the monks of the monastery of Chartreuse as a convenient way of disguising meat.

Chervil. The leaf of a European plant used as a salad.

Chetney. A hot liquid sauce made from apples, tomatoes, raisins, cayenne, ginger, garlic, shallots, salt, sugar, lemons, and vinegar.

Chillies. Red peppers.

Chine. A piece of the back-bone of an animal, with the adjoining parts cut for cooking. Usually applied to pork.

Chou-fleur. Cauliflower.

Citric Acid. The acid of the citron family, lemons, oranges, etc.

Citron. The rind of a fruit of the lemon species preserved in sugar.

Cochineal. Coloring matter made from the dried bodies of insects found in the Republic of Mexico, where they feed on a species of the cactus.

Cock-a-leekie. A soup used in Wales, made from fowls and leeks.

To Collar. To cure meat in a spiced brine.

Collops. Meat cut in small pieces.

Compote. Fruit stewed in syrup.

Confitures. Preserves.

Consommé. Very rich stock.

Coriander. A plant cultivated for its tender leaves, which are used in soups and salads, and in making curry-powder.

Cornichons. Pickles.

Côtelettes. Cutlets.

Coulis. A rich brown gravy.

Crème Brulée. Browned sugar, or caramel with cream.

Créole, À la. With tomatoes.

Crévettes. Shrimp.

Crimp. To cause to contract, or render more crisp, as the flesh of a fish, by gashing it, while living, with a knife.

Croquettes. A preparation of mince with a bread-crumbed coating, and cooked till crisp.

Croustade. A kind of patty of bread or prepared rice.

Croûton. A sippet of fried or toasted bread.

Crumpet. Raised muffins baked on a griddle.

Cuen de Bœuf. Ox-tails.

Currants. Dried currants are small black grapes, named from Corinth, where they are grown.

Curries. Stews of meat or fish, seasoned with curry-powder, and served with rice.

Curry-Powder. A mixture of tumeric, coriander seed, pepper, ginger, cardamons, cumin seed, caraway, and cayenne.

De, d'. Of ; as, *filet de bœuf*, fillet of beef.

Désosser. To bone.

Dinde. Turkey.

En Coquille. Served in shells.

En Papillote. In papers.

Endive. A plant of the Composite family, used as a salad.

Entrées. Small made dishes served with the first course at an elaborate dinner.

Entremets. Second-course side dishes, including vegetables, eggs, and sweets.

Espagnole. A rich brown sauce, the foundation of most brown sauces.

Épinards. Spinach.

Éperlans. Smelts.

Faisan. Pheasant.

Fanchonnettes and *Florentines.* Small pastries covered with a meringue.

Farcie. A kind of forcemeat or stuffing.

Fausse Tortue. Mock turtle.

Feuilletage. Puff-paste.

Fillets. Pieces of meat or fish, generally rolled and tied.

Financière. A rich brown sauce, with wine and mushroom catsup.

Finnan Haddock. Haddock smoked and dried, named from Findhorn in Scotland, where they are obtained in perfection.

Flaus, Darioles, and Mirlitons. French cheese cakes.

Foie. Liver.

Fondue. A preparation of melted cheese.

Fowl à la Marengo. A fowl browned in oil, and stewed in rich stock, seasoned with wine. Eaten and approved by Napoleon after the battle of Marengo.

Fraise. Strawberry.

Fricandeau. Meat larded and browned, and stewed in stock, or baked and covered with glaze.

Fricassee. A stew in which the meat is first fried slightly.

Fromage. Cheese.

Gâteau. A cake.

Gaufres. Waffles.

Gelée. Jelly.

Genevese Sauce. A white sauce made with white stock, highly seasoned with herbs, spices, mushrooms, lemon, and wine, and served with salmon or trout.

Glacé. Covered with icing.

Glaze. Stock boiled down to a thin paste.

Gratins. Dishes of game, fish, or vegetables, served in a rich sauce.

Grilled. Broiled.

Groseilles. Currants.

Gumbo. A dish of food made of young capsules of okra, with salt and pepper, stewed and served with melted butter.

Gumbo Filet Powder. Made from the tender young leaves of the sassafras, picked in the spring, and dried carefully in the shade like any herb. Powdered fine and bottled tight.

Haggis. A preparation of the heart, tongue, and liver of sheep.

Haricot. A small bean; a bit. A stew in which the meat and vegetables are finely divided.

Homard. Lobster.

Hors-d'œuvres. Relishes.

Huîtres. Oysters.

Jambon. Ham.

Jardinière. A mixed preparation of vegetables stewed in their own sauce; a garnish of various vegetables.

Kipped. Dried or smoked.

Kohl Cannon. Boiled potatoes and cabbage, minced together, and seasoned with butter, pepper, and salt.

Kromesnies. Minces of meat or fish dipped in fritter batter, and fried crisp.

Laitue. Lettuce.

Lardoon. The piece of salt pork or bacon used in larding.

Lentils. A variety of the bean tribe used in soups, etc.

Lit. A layer. Articles in thin slices placed in layers, with seasoning or sauce between.

Macedoine. A mixture of fruit molded in jelly.

Madeline. A kind of pound cake.

Maigre. Dishes for fast days, made without flesh.

Maître d'Hôtel. Master of the hotel.

Malic Acid. The acid of apples, partially changed to sugar as apples ripen and into a bitter principle as they decay.

Manna Kroup. A flour made from wheat and rice, sometimes mixed with saffron and yolk of egg.

Maraschino. A kind of brandy.

Marinade. A pickle for boiling meat or fish in.

Marinate. To pickle or to sprinkle with a French dressing.

Matelote. A rich stew made of fish and flavored with wine.

Mayonnaise. Cold sauce, or salad dressing.

Menu. A bill of fare.

Meringue. A kind of icing made of white of egg and sugar well beaten.

Mi-Carême. Dishes used in mid-Lent.

Mignonnette Pepper. Peppercorns ground coarsely.

Miroton. Pieces of meat cut larger than collops, for a stew or ragout.

Morel. A species of mushroom.

Morue. Codfish.

Mouton. Mutton.

Nectarine. A variety of the peach, having a smooth skin.

Nougat. A mixture of almonds and sugar.

Nouilles. A kind of vermicelli.

Noyau. A cordial.

Oeufs. Eggs.

Oignon. Onions.

Okra. The green mucilaginous pods of an annual plant, used in the South for soups and pickles.

Oxalic Acid. The acid in sorrel and rhubarb.

Panais. Parsnips.

Paner. To cover with bread-crumbs.

Panure. Any entrée that is bread-crumbed.

Pâté aux Choux. Cream-cake paste, so called because when baked it resembles a head of cabbage.

Pâté de Foie gras. A pie of fat livers.

Perdreux. Partridge.

Persillade of Fish. With parsley.

Petits Pains. Little bread.

Petits Pois. Pease.

Pigeonnoux. Squab.

Pimento. Allspice or Jamaica pepper.

Pistachio. A pale greenish nut resembling the almond.

Poelée. Stock used instead of water for boiling poultry, sweet-breads, etc.

Poisson. Fish.

Pommes. Apples.

Pommes de Terre. Potatoes.

Pot-au-feu. The stock pot.

Potage. A soup.

Pot-Pourri. A mixture of minced cooked meat and vegetables. A mixture of fruits and sugar.

Poulet. A chicken.

Purée. A thick soup rubbed through a sieve.

Quenelle. A delicate forcemeat used in entrées.

Ragout. A highly seasoned stew flavored with wine.

Ramakins. A preparation of cheese and puff-paste or toast, baked or browned.

Ratifiés. Almond cakes. A kind of liquor flavored with nuts.

Réchauffé. Anything warmed over.

Removes, or Relèves. The roasts or principal dishes.

Ris de Veau. Sweetbread.

Rissoles. Small shapes of puff-paste filled with some mixture, and fried or baked; or balls of minced meat, egged and crumbed, and fried till crisp.

Rizotta. Rice.

Rognons. Kidneys.

Roux. Thickening made with butter and flour.

Salmi. A stew or hash of game.

Sauce Piquante. An acid sauce.

Sauté. Fried in very little fat.

Scones. Scotch cakes of meal or flour.

Semona, or Semolina. Same as Manna Kroup.

Shallot. A variety of onion.

Soubise Sauce. A purée of white onions named after Prince Soubise.

Soufflé. A very light pudding or omelet. The name means "puffed up."

Soy. A Japanese sauce prepared from the seeds of *Dolichos Soja*. It has an agreeable flavor and a clear brown color. Used to color soups and sauces.

Stock. The essence extracted from meat.

Tamis. A sieve or fine strainer cloth.

Tarragon. An herb, the leaves of which are used as seasoning and in flavoring vinegar.

Tendrons de Veau. The gristles from the breast of veal stewed in stock, and served as an entrée.

Tourte. A tart.

Truffles. A species of fungi growing in clusters some inches below the soil, and having an agreeable perfume, which is easily scented by pigs, who are fond of them, and by dogs trained to find them. They are found abundantly in France, but are not subject to cultivation. Used in seasoning and garniture.

Truite. Trout.

Veau. Veal.

Velouté. A smooth white sauce.

Vin, Au. With wine.

Vinaigrette Sauce. With acid wine or vinegar.

Vol-au-vent. A crust of very light puff-paste, filled with oysters or chickens, warmed in a cream sauce, or filled with fruit.



THE true economy of soups lies in the fact that so many things which might otherwise be wasted may be utilized in making them. In households where expenditure is not so much a consideration, it may be deemed expedient always to purchase fresh meat for the sole purpose of making soup, but, in such instances, the soup could certainly not be regarded as an economical addition to a dinner. Still, where economy must rule, the resources from which she may draw a tureen of good soup, without having recourse to the butcher, are ample. Almost everything that is used as food may be converted into soup. Scraps of meat, bread, vegetables, rice, sago, spare milk, and, better still, bones left from the meat after cooking, may, with a little ingenuity, be made into excellent, nourishing food.

The basis of all good soup is stock. This may be made from meat or bones and flavored with vegetables. Let it be borne in mind that no good stock can be made the day it is required for soup. It should be made the previous day, strained into a basin, and allowed to stand until required, when the fat, which would render the soup so objectionable, will have cooled on the top, and may be taken off entirely. The stock may then be used as the basis of any kind of soup.

In making stocks or soups, care must be taken to simmer gently, not boil, or they will be found wanting both in flavor and nourishment. The lid of the stock-pot must be kept tightly closed, or there will be considerable waste during the long time which the contents must of necessity simmer. It will be necessary to remove the lid a few times in order to take off the scum as it rises.

When preparing the stock, all the meat used should be cut into small pieces, and the bones broken or crushed. Cold water and salt should be added, and the whole brought very gradually to the simmering point, the vegetables being added after the stock has been well skimmed.

On no account must stock be left in an iron stock-pot any length of time, as it will contract a very unpleasant flavor. It must be poured into an earthenware vessel and remain uncovered. To those about to purchase a stock-pot we would recommend an earthenware rather than an iron one, as being more cleanly, and not necessitating the emptying out of the stock when finished.

TO MAKE SOUP STOCK. Use one shin of beef, five quarts of cold water, one onion, one carrot, one turnip, one sprig of parsley, twelve cloves, one stalk of celery, one tablespoonful of salt. Only lean, juicy beef should form the basis of soup. Cut all the meat from the bones, place the bones in the bottom of a soup kettle, lay the meat on top of them, add the water, and stand the kettle on the back part of the range for one hour; then place it over a good fire. After one-half hour, the scum of the meat will gather on the surface. Place it over a slow fire, add one cup of cold water, and skim off the scum. Cover the kettle closely and let it simmer for four hours; then add the vegetables and simmer one hour longer. Then strain the stock, add the salt, and stand at once in a cold place to cool. When cold, remove all the grease from the surface, and it is ready for use.

CONSOMME. Use two pounds of lean beef, two pounds of veal, one onion, stalk of celery, one carrot, two quarts of water, two tablespoonfuls of butter. Cut the meat into small pieces, put the butter in the kettle and let it brown, add to it the meat, and stir over the fire until the meat is brown; cover the kettle and let it simmer for thirty minutes; add the water and let simmer for four hours; add the vegetables and simmer one hour longer; strain and let cool. When cold, remove the fat, and it is ready to use.

TO CLARIFY STOCK. Place the stock in a clean saucepan, set it over a hot fire. When boiling, add the white of one egg to each quart of stock, as follows: beat the whites of the eggs up well in a little water; then add a little hot stock; beat to a froth, and pour into the pot; then beat the whole hard and long; allow it to boil up once, and immediately remove and strain through a thin flannel cloth.

BOUILLON. Use four pounds of beef, from the center of the round, two pounds of bone, two quarts of water, one tablespoonful salt, three peppercorns, three cloves, one tablespoonful of mixed herbs. Cut the meat and bones into small pieces; add the water, and heat slowly; add the seasoning, and simmer five hours. Boil down to three pints; strain, remove the fat, and season with salt and pepper. To this may be added one onion, half a carrot, and half a turnip. Serve in cups.

MULLIGATAWNEY SOUP. One chicken (or three rabbits), three small onions, butter, curry-powder, one-half lemon, cloves. Cut up a good-sized chicken as for a fricassee; cut three small onions in slices, put a tablespoonful of butter in a frying-pan, add the chicken and onion, and stir till a nice brown; mix well with these a tablespoonful of curry-powder, four whole cloves, the juice of one half a lemon, and salt to taste. Put all in the soup kettle with two quarts of water, bring slowly to a boil, skim and let it simmer gently for two hours. Three rabbits may be used in place of the chicken, if preferred.

MILK SOUP. Four potatoes, two leeks or onions, two ounces of butter, pepper, one-fourth ounce of salt, one pint milk, three tablespoonfuls tapioca. Put two quarts of water into a stew-pan, then take four potatoes, peel and cut in quarters, take also two leeks, wash well in cold water and cut them up; when the water boils, put in potatoes and leeks, then add the butter, salt, and pepper to taste. Allow it to boil to a mash, then strain the soup through a colander, working the vegetables through also; return the pulp and the

soup to the stew-pan, add one pint of milk to it and boil; when boiling, sprinkle in by degrees tapioca, stirring all the time; then let it boil for fifteen minutes gently.

CREAM OF ASPARAGUS SOUP. One bundle asparagus, one quart of milk, butter, flour. Wash the asparagus, cut it into pieces, put in a sauce-pan, cover with one pint of boiling water, boil gently for three fourths of an hour, remove the tips and put aside until wanted; press the remaining part through a colander, using the water in which it was boiled; put one quart of milk into a double boiler; rub together one large tablespoonful of butter and two table-spoonfuls of flour; stir this carefully into the milk; stir constantly until smooth and partly thick. If, by any carelessness, it should look the slightest lumpy, put it through a sieve, return to the double boiler, and add the asparagus that has been pressed through the colander. Season to taste with salt and pepper, add the asparagus tips, and as soon as the whole is smoking hot, serve. You can not fail, unless you allow the mixture to stand; then the vegetable will separate from the milk and give it a curdled appearance.

MEAT GRAVY SOUP. One pound beef, one pound veal, one pound mutton, six quarts water, one crust of bread, one carrot, one onion, a little summer savory, four cloves, pepper, and a blade of mace. Cut the meat in small pieces and put into the water, with the crust of bread toasted very crisp. Peel the carrot and onion, and, with a little summer savory, pepper, four cloves, and a blade of mace, put in the stew-pan. Cover it, and let it stew slowly until the liquid is reduced to three quarts. Then strain it, take off the fat, and serve with sippets of toast.

BEEF GRAVY SOUP. Some beef water, two ounces salt to every gallon of water, four turnips, two carrots, some celery, four young leeks, six cloves, one onion, one-half teaspoonful peppercorns, some savory herbs. Various parts of beef are used for this; if the meat, after the soup is made, is to be sent to the table,

rump-steak or the best parts of the leg are generally used, but if soup alone is wanted, part of the shin with a pound from the neck will do very well. Pour cold water on the beef in the soup-pot, and heat the soup slowly, the slower the better, letting it simmer beside the fire, strain it carefully, adding a little cold water now and then, put in two ounces of salt for every gallon of water, skim again, and put in four turnips, two carrots, some celery, four young leeks, six cloves stuck into an onion, one-half teaspoonful of peppercorns, and some savory herbs; let the soup boil gently for six hours; strain.

MILK SOUP WITH VERMICELLI. Salt, five pints boiling milk, five ounces fresh vermicelli. Throw a small quantity of salt into five pints of boiling milk, and then drop lightly into it five ounces of good fresh vermicelli; keep the milk stirred as this is added, to prevent its gathering into lumps, and continue to stir it very frequently from fifteen to twenty minutes, or until it is perfectly tender. The addition of a little pounded sugar and powdered cinnamon makes this a very palatable dish. For soup of this description, rice, semolina, sago, cocoanut, and macaroni may all be used, but they will be required in rather smaller proportions to the milk.

SPRING VEGETABLE SOUP. Two pounds shin of beef, two pounds knuckle of veal, a little salt, two young carrots, one turnip, one leek, one-half head of celery, one cauliflower, one gill of peas, one-fourth salt-spoonful of carbonate of soda. Cut the meat from the bone — do not use the fat; break the bones in halves; do not use the marrow. Put the meat and bones into a stock-pot with five pints of cold water, a teaspoonful of salt will assist the scum to rise, boil quickly and remove scum as it rises, then simmer gently five hours. Cut carrots and turnips in slices; the head of celery and leek wash well and cut in squares; cut the cauliflower in sprigs after washing. One hour before serving add vegetables; the sprigs of cauliflower can be put in fifteen minutes before serving. Put one gill of peas, a teaspoonful of salt, a quarter of a teaspoonful of soda into boiling water and boil fifteen minutes, then put peas in tureen and pour soup over them.

OYSTER SOUP A LA REINE. Two or three dozen small oysters, some pale veal stock, mace, Cayenne, one pint boiling cream. Two or three dozen small oysters to each pint of soup should be prepared. Take the beards and simmer them separately in a little very pale veal stock thirty minutes. Heat two quarts of the stock, flavor with mace and cayenne, and add the strained stock from the oyster beards. Simmer the fish in their own liquor, add to it the soup and one pint of boiling cream. Put the oysters in a tureen, pour over the soup, and serve. If not thick enough, thicken with arrowroot or butter mixed with flour.

GIBLET SOUP. Three sets of duck's giblets, two pounds beef, some bones, shank bones of two legs of mutton, three onions, some herbs, pepper and salt, carrots, three quarts water, one fourth pint cream, one ounce butter, one spoonful flour. Thoroughly clean three sets of duck's giblets, cut them in pieces, and stew with two pounds of beef, some bones, the shank bones of two legs of mutton, three small onions, some herbs, pepper and salt to taste, and carrots, for three hours in three quarts of water. Strain and skim, add one-fourth pint of cream mixed with one ounce of butter kneaded with a spoonful of flour, and serve with the giblets. (Only the gizzard should be cut.)

SOUP A LA DAUPHINE. Six pounds of lean beef, four carrots, two turnips, four onions, one head celery, four ounces lean ham, pepper and salt, a little soy, two bay-leaves, a bunch of herbs, a few allspice, two blades of mace, five quarts water. Cut up the onions, carrots, turnips, and celery into small pieces, and lay in the bottom of a large stew-pan; cut up the six pounds of lean beef, and lay on the top of the vegetables, sprinkle a little salt over it, and cook over the fire (taking care it does not burn) for two hours; add five quarts of water, and bring it to the boil; take off the fat and scum, add a little more cold water, and throw in three blades of mace, two bay-leaves, a bunch of herbs, four ounces of lean ham cut up very fine, and a few allspice, color a light brown with a little soy, and simmer for five hours,

and then strain through a fine cloth, and with a sheet of paper take off any floating fat; boil again, and before serving throw into the soup some green taragon leaves and a little chervil.

BEAN SOUP. One quart dried white beans, a cup of milk or cream, butter, soda. Soak one quart of dried beans overnight. In the morning, drain; add two quarts of water; when it comes to the boiling point, pour off and add two quarts of fresh boiling water, also about one fourth of a teaspoonful of soda. Boil until the beans are soft; then press through a sieve, and return it to the kettle. Add salt and pepper to taste and a cup of cream or a cup of milk and a bit of butter. If still too thick, add more milk. Crackers buttered and browned in the oven, or squares of bread browned in butter, are nice to serve with this.

CREAM OF TOMATO SOUP. One pint can of tomatoes, one quart milk, parsley, mace, butter, flour, bay-leaf, sugar, soda. To the tomatoes add a sprig of parsley, a blade of mace, and a bay-leaf, and stew together for fifteen minutes. Rub together one tablespoonful of butter, and two tablespoonfuls of flour; add to one quart boiling milk and stir constantly until it thickens. When ready to use the soup, press the tomatoes through a sieve and add one teaspoonful of sugar and one-fourth teaspoonful of soda, then the boiling milk. It must not go on the fire after the tomatoes and milk are mixed, or it will curdle.

MRS. PRESIDENT HARRISON'S CLEAR SOUP. Four pounds lean beef, four quarts water, one teaspoonful celery seed, two small onions, two small carrots, one bunch parsley, six blades mace, sixteen whole cloves, the whites of four eggs, salt and pepper to taste. Cut the beef in pieces of the size of a walnut, taking care not to leave a particle of fat on them. Pour on it the water and let it boil up three times, skimming well each time; for if any of the grease is allowed to go back into the soup, it will be impossible to get it clear. Scrape the carrots, stick four cloves firmly into

each onion, and put them in the soup. Then add the celery seed, parsley, mace, pepper, and salt. Let this boil until the vegetables are tender, then strain through a bag, return to the soup-pot, and stir in the well-beaten whites of the eggs. Boil until the eggs gather to one side, skim off, and color a delicate amber by burning a dessert spoonful of brown sugar and stirring it into the soup until sufficiently colored. Wash the bag in warm water, pour the soup through again, and serve.

JULIENNE SOUP. One carrot, one turnip, one stick of celery, three parsnips, two or three cabbage leaves, butter, lettuce, one

handful of sorrel and chervil, stock, salt, and pepper.

Cut in very small slices a carrot, a turnip, a stick of celery, three parsnips, and two or three cabbage leaves; put them in a saucepan with butter, and give them a nice color, shaking the saucepan to prevent them from sticking to the bottom; then add lettuce and a handful of sorrel and chervil torn in small pieces, moisten these with stock and leave them on the fire for a few minutes, then boil up, add the whole of the stock and boil gently for three hours; season with salt and pepper.

ONION SOUP. Water that has boiled a leg or neck of mutton, one shank bone, six onions, four carrots, two turnips, salt.

Into the water that has boiled a leg or neck of mutton put the carrots and turnips and shank bone, and simmer two hours, then strain it on six onions, first sliced and fried a light brown, simmer three hours, skim carefully, and serve. Put into it a little roll of fried bread.

CLEAR SOUP. One quart brown stock, one-fourth pound very lean beef, one onion, one carrot, two whites of eggs. Care-

fully remove the fat from the meat, chop it fine and put it in a basin of cold water, just stirring it to separate it. Let it stand five minutes, then pour it into a saucepan with the vegetables cut in pieces, the whites and broken shells of the eggs, and the stock;

while heating over the fire, whisk well until it begins to rise, when cease, and let it boil two minutes. Cover closely and let it stand quietly until there is a thick crust on top, then strain through a jelly-bag or soup-cloth. Vegetables cut into small strips, or wafers, and boiled for ten minutes, may be added before serving.

GREEN PEA SOUP. Four pounds beef, one-half peck green peas, one gallon water, one-half cup rice-flour, salt, pepper, and chopped parsley. Four pounds beef, cut into small pieces, one-half peck green peas, one gallon water, one-half cup of rice-flour, salt, pepper, and chopped parsley; boil the empty pods of the peas in the water one hour before putting in the beef. Strain them out, add the beef, and boil slowly for one and one-half hours longer; one half-hour before serving, add the shelled peas, and twenty minutes later, the rice-flour with salt, pepper, and parsley. After adding one ounce of butter, and one-half pint of milk, serve with fried bread or toast.

BARLEY SOUP. One-half pint pearl barley, one quart white stock, the yolk of one egg, one gill cream, one-half pat fresh butter, bread. Boil half a pint of pearl barley in a quart of white stock till it is reduced to a pulp, pass it through a hair sieve, and add to it as much well-flavored white stock as will give a purée of the consistency of cream; put the soup on the fire, when it boils stir into it, off the fire, the yolk of an egg beaten up with a gill of cream; add half a pat of fresh butter, and serve with small dice of bread fried in butter.

CORN SOUP. One can green corn, one quart milk, flour, butter, one egg. Take one can of green corn and put it on the back of the stove with two quarts of hot water; let it cook gently one-half hour, then put where it will cook more rapidly. When the corn is tender, put in one pint of milk, season to taste, let it boil up, then add two tablespoonfuls of flour mixed with three of butter. If you like, you may, after removing the soup from the fire, stir in one well-beaten egg, beating rapidly to prevent curdling.

SCOTCH MUTTON BROTH. Two quarts of water, neck of mutton, four or five carrots, four or five turnips, three onions, four large spoonfuls of Scotch barley, salt to taste, some chopped parsley. Soak a neck of mutton in water for an hour; cut off the scrag, and put it into a stew-pot with two quarts of water. As soon as it boils, skim it well, and then simmer it an hour and a half; then take the best end of the mutton, cut it into pieces (two bones in each), take some of the fat off, and put in as many as you think proper; skim the moment the fresh meat boils up, and every quarter of an hour afterward. Have ready four or five carrots, the same number of turnips, and three onions, all cut, but not small, and put them in soon enough to get quite tender; add four large spoonfuls of Scotch barley, first wetted with cold water. The meat should stew three hours. Salt to taste, and serve all together. Twenty minutes before serving, put in some chopped parsley. It is an excellent winter dish.

SOUP A LA PRINCESS. Three carrots, two turnips, two onions, three leeks, one stick of celery, two ounces butter, a little mutton broth, seasoning to taste. Cut up the vegetables small and fry them in the butter till tender and of a light-brown color. Add enough water to keep them from burning, and stew for an hour. Then rub through a sieve with a little more broth. Stew for a few minutes longer; salt and cayenne to taste. If properly done, the soup will be as thick as cream.

TOMATO SOUP WITHOUT MEAT. One can tomatoes, two large onions, one-half pint of milk, one tablespoonful of flour, two tablespoonfuls of butter, salt, pepper. Take one can of tomatoes, press through the colander and set on the fire where it will stew gently. Slice two large onions very thin and add to the tomatoes. Let it stew one-half hour, then add one-half pint of milk, one tablespoonful of flour rubbed in two of butter, and salt and pepper to taste. Let it boil three minutes, when it is done. Serve with bits of toasted bread.

POTATO SOUP. Two pounds potatoes, a pinch of celery seed, a sprig of parsley, two quarts white stock, pepper and salt to taste. Boil or steam the potatoes very dry, mash them very finely with a fork, and add them gradually to the boiling stock. Pass through a sieve, add the seasoning, and simmer five minutes, adding one ounce of butter and one-half pint of milk. Serve with fried bread or toast.

BROWN CHICKEN SOUP. One or two fowls, a bunch of herbs, one carrot, one onion, two ounces of lean ham, two ounces of butter, pepper and salt, two quarts of good stock, and a little roux, a few allspice, a little grated nutmeg, and mace. Cut up the carrot and onion, and fry in two ounces of good butter, a nice light brown; add the ham and fowls cut up small, taking care to break up the bones with a chopper, add the stock, and boil until the fowl is cooked to rags; thicken with a little roux, add the allspice and mace and a little grated nutmeg, color with a little soy, add seasoning to taste. Serve with the soup some plain boiled rice.

CELERY SOUP. The white part of three heads of celery, one-half pound of rice, one onion, one quart of stock, two quarts of milk, pepper and salt, and a little roux. Cut up the celery and onions very small, boil them in the stock until quite tender, add the milk and the rice, and boil together until quite a pulp, add pepper and salt and a little roux, strain through a fine hair sieve or a metal strainer, and boil a few minutes, taking care it does not burn. Serve some small croutons or fried bread with it.

TOMATO SOUP. Four pounds of tomatoes, two onions, one carrot, two quarts of stock or broth, pepper and salt and a little roux, two ounces of fresh butter. Cut up the onions and carrot, place them in a stew-pan with the butter, and lightly fry them. Take the seeds out of the tomatoes, then put them in the stew-pan with the fried onions and carrot, add the stock, pepper, and salt, and let them boil for one hour, occasionally stirring them; add a little

roux to thicken the soup, and strain through a fine hair sieve. Serve the soup very hot, and send to the table with it some small pieces of fried bread, sprinkled with chopped parsley.

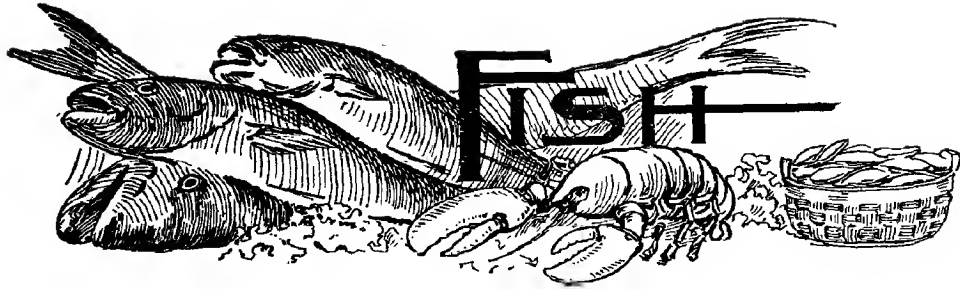
BEEF Bones of a turkey and beef, two or three carrots,
TURKEY two or three onions, two or three turnips, one-half
SOUP. dozen cloves, pepper, salt, tomatoes, two tablespoon-
 fuls of flour, some bread. The liquor that the turkey
 is boiled in, and the bones of the turkey and beef, put into a soup-
 pot with two or three carrots, turnips, and onions, one-half dozen
 cloves, pepper, salt, and tomatoes, if you have any; boil it four hours,
 then strain all out. Put the soup back into the pot, mix two tablespoon-
 fuls of flour into a little cold water; stir it into the soup; give it one
 boil. Cut some bread dice-form, lay it in the bottom of the tureen,
 pour the soup on it, and color with a little soy.

MOCK Use one calf's head, five cloves, five allspice berries,
TURTLE one-third cup of sliced onion, one-third cup of carrot,
SOUP. two cups brown soup stock, one-fourth cup of butter,
 one-half cup flour, one cup stewed tomatoes, juice one-
 half lemon. Clean calf's head, soak one hour in cold water; cook
 until tender in three quarts of boiling salted water containing season-
 ing and vegetables; remove head; boil stock until reduced to one quart;
 strain and cool; melt and brown butter, add flour, and stir until well
 browned; then pour on brown stock. Add head-stock, tomato, one
 cup of meat, and lemon-juice. Simmer five minutes; add Madeira
 wine, salt, and pepper to suit.

OX-TAIL Two ox-tails, two slices of ham, one ounce of butter,
SOUP. one carrot, two turnips, two onions, one head of celery,
 one bunch of savory herbs, pepper, a tablespoonful of
 salt, one tablespoonful of catchup, three quarts of water. Cut up the
 tails, and put them in a stew-pan with the butter. Cut up the vege-
 tables and add them with the herbs. Put in one-half pint of water,
 and stir it over a quick fire till the juices are drawn. Fill the stew-pan

with water, and add the salt. Skim well, and simmer for four hours, or until the tails are tender. Take them out, skim and strain the soup, thicken with flour, and flavor with the catsup. Put back the tails, simmer for five minutes, and serve.

CLAM Use one-half peck of clams in the shells, one quart of
CHOWDER. potatoes, sliced thin, a piece of fat salt pork, one onion, one teaspoonful of salt, one-half teaspoonful of white pepper, one large tablespoonful of butter, one quart of milk, six butter crackers. Clams in the shells are better, as you then have more liquor. Wash and put them in a kettle with half a cupful of water to keep the under ones from burning; set them over the fire. When the clams at the top have opened, take them out with a skimmer, and remove the clams from the shell; remove the thin skin; then with scissors cut off all the black end. Let the clam liquor settle, and pour it off carefully. Use half water and half clam liquor. Fry the pork and onion, add the potatoes, which have been soaked and scalded, and boiling water to cover. When the potatoes are soft, add the clam liquor, the seasoning, and the clams; when warmed through, add the hot milk, and turn into the tureen. Do not put the clams into the chowder until the potatoes are nearly done, as prolonged boiling hardens them.



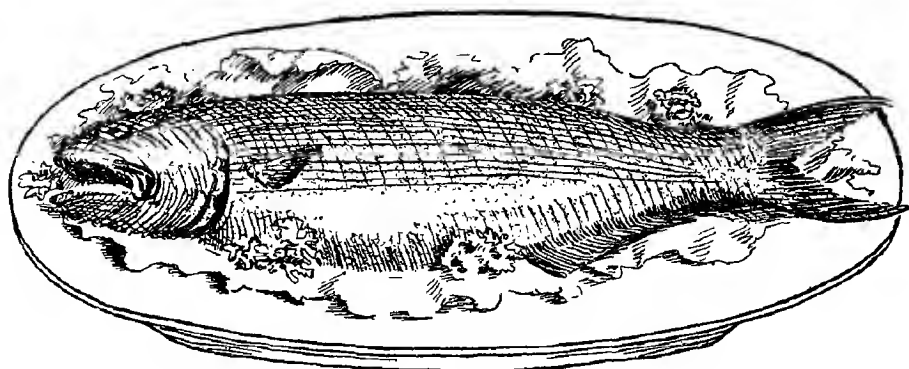
FISH is less nutritious and less stimulating than meat, as it contains less solid matter and more water. The theory that fish has special value as a brain food is contradicted by the latest authorities, who claim that there is no evidence to prove that fish is any richer than meat in phosphorus. However, on account of the small amount of fat which it contains, particularly the white varieties, it is easily digested, and is well adapted to those who have to put forth considerable nervous energy; for it contains a large proportion of nitrogenous material.

The most valuable in nutritive qualities is salmon. The next in value are fat halibut, shad, white-fish, mackerel, blue-fish, lean halibut, bass, flounder, trout, cod, haddock, and cusk. Some of these have the oil in the liver and are more easily digested. The red-blooded fish, like salmon, mackerel, and blue-fish, have the oil distributed throughout the body. They are nutritious for those who can digest them, but are too rich and oily for invalids.

Fresh-water fish have often a muddy smell and taste. To take this off soak the fish in strong salt and water after it is nicely cleansed, then dry and dress it. The fish must be put in the water while cold and set to do very gently, or the outside will break before the inner part is done. Crimp fish should be put into boiling water, and when it boils up, put a little cold water in, to check extreme heat, and simmer it a few minutes. Small fish nicely fried, covered with egg and crumbs, make a dish far more elegant than if served plain.

Great attention should be paid to the garnishing of fish. Use plenty of horseradish, parsley, and lemon. If fish is to be fried or

broiled it must be wrapped in a clean cloth after it is well cleaned. When perfectly dry, wet with an egg (if for frying) and sprinkle the finest bread-crumbs over it; then, with a large quantity of lard or dripping, boiling hot, plunge the fish into it and fry a light brown; it can then be laid on blotting-paper to receive any grease. Butter gives a bad color; oil fries the finest color for those who will allow for the expense. Garnish with raw or fried parsley, which must be done thus: When washed and picked, throw it again into clean water; when the lard or dripping boils, throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up



FISH SERVED WHOLE.

with a slice. If fish is to be broiled, it must be seasoned, flavored, and put on a gridiron that is very clean, which, when hot, should be rubbed with a piece of suet to prevent the fish from sticking. It must be broiled on a very clear fire and not too near, or it may be scorched.

Oysters should be kept in a cold place before they are opened, and well washed before using. They should be opened on the deep shell, so as to preserve the liquor, then laid on finely chopped ice for a short time. While they should be kept cold, they should never be allowed to freeze, therefore they must only be opened shortly before they are needed; for once frozen, they quickly turn sour. Serve six oysters for each person, nicely arranged on oyster-plates with quarters of lemon.

Lobster should be perfectly fresh. One of the tests of freshness is to draw back the tail, and if it springs into position again, it is safe to think the fish good. The time of boiling varies with the size of the lobster from fifteen to twenty-five minutes. The usual way is to plunge them into boiling water enough to cover, and to continue boiling them until they are done. Cooking a lobster too long makes it tough and dry. When, on opening a lobster, you find the meat clinging to the shell, and very much shrunk, you may be sure the time of boiling was too long. There are very few modes of cooking lobster in which it should be more than thoroughly heated, as much cooking toughens it, and destroys the fine, delicate flavor of the meat.

To open a lobster, separate the tail from the body, and shake out the tomalley (the liver which is green after boiling). Then drawing the body from the shell with the thumb, and pressing the part near the head against the shell with the first and second finger, free it from the stomach. Split the lobster through the center, and, with a fork, pick the meat from the joints. Cut the underside of the tail shell open, and take out the meat without breaking. On the upper part of that end of this meat which joined the body is a small piece of flesh, which should be lifted; and a strip of meat attached to it should be turned back to the extreme end of the tail. This will uncover a little vein, running the entire length, which must be removed. Sometimes this vein is dark, and sometimes as light as the meat itself. It and the stomach are the only parts not eatable. The piece that covered the vein should be turned again into place. Hold the claws on edge on a thick board, and strike hard with a hammer until the shell cracks. Draw apart, and take out the meat. Remember that the stomach of the lobster is found near the head, and is a small, hard sack containing poisonous matter; and that the intestinal vein is found in the tail. These should always be carefully removed.

SALT COD. Cod, vinegar (one glass), parsnips, cream, butter, flour.

Soak and clean the piece you mean to dress, then lay it all night in water, with a glass of vinegar. Boil it enough, then break it into flakes on the dish; pour over it parsnips boiled, beaten in a

mortar, and then boiled up with cream and a large piece of butter rubbed with a little flour. It may be served with egg sauce as well as with the parsnip, and the root sent up whole; or the fish may be boiled and sent up without flaking.

BOILED One cod's head and shoulders, salt water, one glass of
COD'S vinegar, horseradish. Wash and tie it up, and dry
HEAD AND with a cloth. Salt the water, and put in a glass of
SHOULDERS. vinegar. When boiling, take off the scum; put the
 fish in, and keep it boiling very briskly about one-half
 hour. Parboil the milt and roe, cut in thin slices, fry, and serve
 them. Garnish with horseradish; for sauce, oysters, eggs, or drawn
 butter.

STEWED Slice the fish, take off the skin, and fry quickly a fine
CODFISH IN brown, lift it out and place in a stew-pan with boiling
BROWN brown gravy; add the juice of a lemon and some salt.
SAUCE. Stew the fish gently until it begins to break, lift it on a
 hot dish, stir into the gravy one and one-half ounces of
 butter with one teaspoonful of flour and a little mace. Boil the sauce
 one minute, pour it over the fish and serve.

SALMON The contents of one can of salmon from which the
CROQUETTES. oil has been poured and which has been shredded
 fine, one cupful of fine bread-crumbs, one egg, and
 Cayenne pepper to taste; mix well, make into balls, dip first into
 beaten egg and then into bread-crumbs or cracker dust; fry in plenty
 of boiling lard, and drain on coarse brown paper before serving.
 Garnish the dish with parsley and, if you like, slices of lemon.

COD'S ROES. One or more cod's roes, one and one-half ounces of
 butter, two eggs, one teaspoonful of salt, one pinch of
 cayenne pepper, one grate of nutmeg, one dessert-spoonful of tomato
 sauce or vinegar. Boil one or more cod's roes, according to size, till

quite set and nearly done. Take them out of the water, and when cold, cut them into slices three fourths of an inch thick. Now put into a small stew-pan one and one-half ounces of butter; when made liquid over the fire, take it off and stir into it the yolks of two eggs, a small teaspoonful of salt, a pinch of cayenne pepper, a grate of nutmeg, and a dessert-spoonful of tomato or Mogul sauce, or the vinegar from any good pickle. Mix all well together and stir it over the fire for two or three minutes to thicken. Dip the slices of cod's roe in this sauce to take up as much as they will, lay them in a dish, pour over them any of the sauce that may be left, put the dish into the oven for ten minutes, and send to the table very hot.

CODFISH BALLS. Equal quantities of potatoes and boiled codfish, one ounce butter, one egg. Equal quantity of mashed potatoes and boiled codfish minced fine; to each one-half pound, allow one ounce of butter and a well-beaten egg; mix thoroughly. Press into balls between two spoons; drop into hot lard, and fry till brown.

SALT SALMON TO SOUSE. One salt salmon, cayenne, whole allspice, a little mace, cold vinegar. Wash a salt salmon, and cover it with plenty of clean water. Let it soak twenty-four hours, but be careful to change the water several times. Then scale it, cut it into four parts, wash, clean, and put on to boil. When half done change the water; and when tender, drain it, put it in a stone pan, sprinkle some cayenne, whole allspice, a few cloves, and a little mace over each piece; cover with cold vinegar. This makes a nice relish for tea.

FISH PIE. Any remains of cold fish, such as cod or haddock. Clear the fish from the bones, put a layer of it in a pie-dish, sprinkle with pepper and salt, then put a layer of bread-crumbs, some grated nutmeg and chopped parsley. Repeat this until the dish is quite full, pour in some white sauce, cover with a layer of bread-crumbs or mashed potatoes. Bake one fourth to half an hour.

**FRIED
SALMON
WITH
ANCHOVY
SAUCE.**

Some thin slices from the tail end of the salmon, anchovy sauce, flour, bread-crumbs, eggs, water, a little roux, a little cayenne pepper, lard. Scrape the scales off the tail end of a salmon, cut in thin slices, dip them in flour, then in two eggs whisked up with a tablespoonful of water and a tablespoonful of anchovy sauce, then dip them in bread-crumbs, and fry in boiling lard for eight or ten minutes; dish them up on a napkin in a nice heap, and sprinkle a little chopped parsley over them, and serve in a sauce-boat some sauce.

**PERCH AND
TENCH.**

Put them into cold water, boil them carefully, and serve with melted butter and soy. Perch is a most delicate fish. They may be either fried or stewed, but in stewing they do not preserve so good a flavor.

**TROUT AND
GRAYLING
TO FRY.**

Scale, gut, and wash well; then dry them, and lay them separately on a board before the fire, after dusting some flour over them. Fry them of a fine color with fresh dripping; serve with crimp parsley and plain butter. Perch and tench may be done the same way.

**DRESSED
SALMON,
ITALIAN
SAUCE.**

Two slices about three inches thick of good salmon, two onions, one carrot, one shallot, two gherkins, a few preserved mushrooms and a few capers, three ounces of butter, a little chopped parsley, one tablespoonful of anchovy sauce, and a pint of good stock, and a little roux. Cut up two onions and one carrot into thin slices, and lay them in the bottom of a baking-dish with a little pepper and salt and one ounce of butter; lay the slices of salmon on the top of the vegetables, cover them with buttered paper, and bake for thirty-five minutes in a warm oven; when cooked, serve with sauce made as follows: Cut up one shallot very fine, and lightly fry in two ounces of butter; throw in a little chopped parsley, two gherkins chopped fine, and a few capers and mushrooms, cut up very fine, and one pint of

good stock, a little roux to thicken, and one tablespoonful of anchovy sauce and a little pepper; boil these ingredients together for thirty minutes, lift the salmon carefully on to a dish (taking care no onion or carrot hang to it), pour the boiling sauce over it, and serve very hot.

PERCH AND TROUT TO BROIL. Split them down the back, notch them two or three times across, and broil over a clear fire; turn them frequently, and baste with well-salted butter and powdered thyme.

MACKEREL. Boil, and serve with butter and fennel. To broil them, split, and sprinkle with herbs, pepper, and salt; or stuff with the same, crumbs, and chopped fennel. **POTTED:** Clean, season, and bake them in a pan with spice, bay-leaves, and some butter; when cold, lay them in a potting-pot, and cover with butter. **PICKLED:** Boil them, then boil some of the liquor, a few peppers, bay-leaves and some vinegar; when cold, pour it over them.

PICKLED MACKEREL, CALLED CAVEACH. Six mackerel, one ounce of pepper, two nutmegs, a little mace, four cloves, one handful of salt. Clean and divide them; then cut each side into three, or, leaving them undivided, cut each fish into five or six pieces. To six large mackerel, take nearly an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all in the finest powder. Mix, and, making holes in each piece of fish, thrust the seasoning into them; rub each piece with some of it, then fry them brown in oil; let them stand till cold, then put them into a stone jar and cover with vinegar; if to keep long, pour oil on the top. Thus done, they may be preserved for months.

SOLES. If boiled, they must be served with great care to look perfectly white, and should be well covered with parsley. If fried, dip in egg, and cover them with fine crumbs of bread; set on a frying-pan that is just large enough, and put into it a large

quantity of fresh lard or dripping, boil it, and immediately slip the fish into it; do them of a fine brown. Soles that have been fried, are very nice when cold with oil, vinegar, salt, and mustard.

MULLET One-half dozen red mullet, pepper, salt, and chopped
WITH parsley, five or six tablespoonfuls of tomato sauce.
TOMATOES. Butter a baking-dish plentifully, lay on it side by side
one-half dozen red mullet, sprinkle them with pepper,
salt, and chopped parsley, then add about five or six tablespoonfuls
of tomato sauce. Cover the whole with a sheet of well-oiled paper,
and bake for about one-half hour.

SOLES Soles, a little stock, one lemon, a little anchovy, pepper
AU GRATIN. and salt, bread-crumbs, a small piece of butter, and a
little vinegar. Place a sole in an oval tin baking-dish,
lay on the top a piece of butter, and round it the juice of one-half
lemon and a little anchovy sauce, a teaspoonful of vinegar and a
little pepper, and then bake it for fifteen minutes in a hot oven; when
nearly cooked, sprinkle some bread-crumbs over it and color the top
with a salamander. Serve in the tin it was baked in, with a little
chopped parsley on the top.

STURGEON Sturgeon, egg, bread-crumbs, parsley, pepper, salt.
FRESH. Cut slices, rub egg over them, then sprinkle with
crumbs of bread, parsley, pepper, salt; fold them in
paper, and broil gently. Sauce: butter, anchovy, and soy.

TURBOT EN Some fillets of turbot, oil, tarragon vinegar, salt and
MAYONNAISE. pepper, eggs, cucumbers, anchovies, tarragon leaves,
beets, capers, aspic jelly. Cut some fillets of cooked
turbot into moderate-sized round or oblong pieces, carefully taking off
the skin and extracting all bones. Place these pieces of fish in a bowl,
with a dressing made of oil, tarragon vinegar, salt, and pepper. As
soon as the fish is well flavored with this seasoning, arrange the pieces
round a dish like a crown. Place a circle of chopped hard-boiled eggs,

tiny pickled cucumbers, anchovies, tarragon leaves, beetroot, and capers round the dish, and then arrange a wall of aspic jelly round the edge of the dish. Fill up the center of the crown of the fish with good mayonnaise sauce.

TURBOT Cold cooked turbot, anchovy sauce, a little stock, cay-
AU GRATIN, enne pepper, two ounces butter, a little flour, and some
A DISH bread-crumbs. Place a piece of butter, about two
FOR LUNCH- ounces, in a stew-pan and melt it on the fire ; add a
EON. little flour, then a little anchovy sauce and a little cay-
 enne pepper ; stir these well together and then drop in
 the sauce any cold turbot you may have left from dinner the evening
 before, place some of the turbot out of the sauce in large patty pans,
 and cover it with bread-crumbs and bake it in a hot oven ; if the top
 does not get brown enough, heat a salamander and finish off that way.
 Serve the patty pans upon a napkin or paper.

SMELTS Smelts, egg, bread-crumbs, lard. They should not be
TO FRY. washed more than is necessary to clean them. Dry
 them in a cloth, then lightly flour them, but shake it
 off. Dip them into plenty of egg, then into bread-crumbs, grated fine,
 and plunge them into a good pan of boiling lard ; let them continue
 gently boiling, and a few minutes will make them a bright-yellow
 brown. Take care not to take off the light roughness of the crumbs,
 or their beauty will be lost.

HADDOCK One dried haddock, one onion, one ounce butter, one
WITH ripe tomato, pepper, parsley. Soak a dried haddock
TOMATOES. in plenty of cold water for half a day, drain off the
 water, and replace it with boiling water ; when the
 haddock has been in this for two hours, take it out, carefully remove
 all the bones and skin, and break the meat into flakes ; slice a moder-
 ate-sized onion, put it into a saucepan with one ounce of butter ; as
 soon as the onion is soft, add one ripe tomato, cut into slices ; after
 a couple of minutes add the flesh of the haddock, a sprinkling of

pepper, and some finely minced parsley; shake the saucepan on the fire, until the contents are thoroughly heated, and then draw it aside, to be kept till the time for serving.

EEL PIE. One or two eels, seasoning, gravy, gelatin. Cut up one or two eels and stew gently until tender in a little good brown gravy, seasoned to taste; when done enough, strain the gravy through muslin, add gelatin, and pour over the fish. A few sprigs of parsley placed about the mold will much improve the appearance.

EELS Clean, cut off the heads, and dry them. Joint them
TO BOIL. into suitable lengths, or coil them on your fish-plate; boil them in salted water. Use drawn butter and parsley for sauce.

FISH Remnants of turbot, brill, haddock, or salmon, butter,
CROQUETTES. pinch of flour, some milk, pepper, salt, nutmeg, parsley. From some remnants of boiled turbot, brill, haddock, or salmon, pick out the flesh carefully, and mince it, not too finely; melt a piece of butter in a saucepan, add a small pinch of flour and some hot milk; stir on the fire until the mixture thickens, then put in pepper, salt, and a little grated nutmeg, together with some finely chopped parsley, and, lastly, the minced fish; as soon as the whole is quite hot, turn it out on a dish to get cold, then fashion, and finish the croquettes.

BAKED Halibut, a little butter, salt and water, a tablespoonful
HALIBUT. of walnut catchup, a dessert-spoonful of Worcestershire sauce, the juice of a lemon, a little brown flour. A piece of halibut weighing five or six pounds, lay in salt water for two hours. Wipe in a clean cloth and score the skin. Have the oven tolerably hot, and bake about one hour. Melt a little butter in hot water and baste the fish occasionally. It should be of a fine brown color.

Any gravy that is in the dripping-pan mix with a little boiling water, then stir in the walnut catchup and Worcestershire sauce, the juice of the lemon, and thicken with the brown flour (the flour should be mixed with a little cold water previously), give one boil and serve in sauce-boat.

BOILED HALIBUT. Halibut, salted water. Allow the fish to lie in cold salt water for an hour. Wipe dry in a clean cloth and score the skin, then put into the fish kettle with cold salted water sufficient to cover it. Let it come slowly to the boil, and allow from one half to three fourths of an hour for a piece weighing four or five pounds. When ready, drain, and serve with egg sauce.

BAKED HERRINGS OR SPRATS. Herrings, allspice, salt, black pepper, one onion, a few bay-leaves, and vinegar. Wash and drain without wiping them; season with allspice in fine powder, salt, and a few whole cloves; lay them in a pan with plenty of black pepper, one onion, and a few bay-leaves; add vinegar enough to cover them. Put paper over the pan, and bake in a slow oven. If you like, throw saltpeter over them the night before, to make them look red. Gut, but do not open them.

FISH CHOWDER. Two pounds solid fish-shreds, one-half pound salt pork, four onions, ten potatoes, salt and pepper, two table-spoonfuls farina, milk. Take one-half pound fat salt pork, cut into slices, and fry out well. Slice four large onions and fry in the pork fat until they are a light brown. Stir constantly to prevent burning, and thus make the chowder better. Put this into a pot with three quarts of boiling water and let it boil twenty minutes. Skim out the pieces of pork and onion, and add ten potatoes, sliced, not too thin, and boil twenty minutes. Then add two pounds of solid fish-shreds and boil ten minutes if the fish is not cooked. Add salt and pepper to taste. When cooked, stir in slowly a thickening made of two table-spoonfuls of farina mixed in cold milk, and let it boil up once only. Put the pot back on the fire, and after letting it stand a few moments, skim off the scum which will rise to the top, and serve.

PLANKED SHAD. Secure a handsome, thick oak board, and have some holes bored, with stout wooden pegs to fit; spread the dressed fish open on the board, securing it with the pegs. Rest the end of the plank in a shallow pan, and set all before a clear fire; put a little salt and water in the pan and baste the fish often, adding, when it is nearly done, a tablespoonful of melted butter and half as much walnut catchup. If the board is handsome, serve the shad on it, but it can be laid on a hot dish and the gravy, with a little walnut catchup added, poured over. Serve with pickled walnuts.

POTTED LOBSTERS. Lobsters, mace, white pepper, nutmeg, salt, and butter. Half boil them, pick out the meat, cut it into small pieces, season with mace, white pepper, nutmeg, and salt, press close into a pot, and cover with butter, bake one-half hour; put the spawn in. When cold, take the lobster out, and put it into the pots with a little of the butter. Beat the other butter in a mortar with some of the spawn, then mix that colored butter with as much as will be sufficient to cover the pots, and strain it. Cayenne may be added if approved.

LOBSTER CROQUETTES. Lobster, pepper, salt, powdered mace, bread-crumbs, two tablespoonfuls of butter, egg, biscuit, parsley. To the meat of a well-boiled lobster, chopped fine, add pepper, salt, and powdered mace. Mix with this one quarter as much bread-crumbs, well rubbed, as you have meat; make into pointed balls, with two tablespoonfuls of melted butter; roll these in beaten egg, then in biscuit powdered fine, and fry in butter or very nice sweet lard. Serve dry and hot, and garnish with crisped parsley. This is a delicious supper dish or entrée.

CRABS (HOT). One good-sized crab, pepper, salt, bread-crumbs, milk, cream, or oiled butter, parsley. For this, one good-sized crab or three or four small ones may be used. The meat must be picked from the claws and the soft inside from the body; season with pepper and salt, add a small quantity of bread-crumbs, and

FISH.

moisten with milk, or, better still, a few spoonfuls of cream or butter. When well mixed, put it into the large shell, strew bread-crumbs over the top, and sprinkling some oiled butter over let it remain in the oven just long enough to get hot through and a nice golden-brown color. It should be served very hot on a garnished with parsley.

OYSTER SAUSAGES. One dozen large oysters, one-half pound rump a little seasoning of herbs, pepper, and salt. Cut fine, and roll them into the form of sausages.

BOILED CRABS. Crabs, salt water, sweet-oil. Boil them in salt water twenty minutes; take them out, break claws, wipe the crabs, throw away the small claws, crack the large ones, and send to table. Rub a little sweet-oil shells.

OYSTERS ON TOAST. Drain the liquor from a quart of oysters: cut each into four pieces, and strain through coarse muslin to get the sauce. When it boils again, dip out a small portion and keep it hot. Stir into that left on the range a liberal teaspoonful of butter rolled in a scant teaspoonful of corn-starch. In another heat one-half cup of milk. Stir the oysters into the thickened sauce, season with pepper and salt, and cook, after they are scalding hot, five minutes before adding the milk. Line a hot platter with neat slices of crustless toast, buttered, wet with the reserved liquor, and cover with the oysters.

STEWED OYSTERS. Liquor from two quarts of oysters, one teacupful water, salt, pepper, two tablespoonfuls of butter, and one cupful of milk. Drain the liquor from two quarts of firm, plump oysters; mix with it a small teacupful of hot water, a little salt and pepper, and set over the fire in a saucepan. Let it boil up once, put in the oysters, let them boil for five minutes or less.

more. When they "ruffle," add two tablespoonfuls of butter. The instant it is melted and well stirred in, put in a large cupful of boiling milk, and take the saucepan from the fire. Serve with oyster or cream biscuits, as soon as possible. Oysters become tough and tasteless when cooked too much, or left to stand too long after they are withdrawn from the fire.

STEWED OYSTERS. Oysters, a piece of mace, some lemon peel, a few white peppers, cream, butter, and flour. Open and separate the liquor from them, then wash them from the grit; strain the liquor, and put with the oysters a piece of mace and lemon peel, and a few white peppers. Simmer them very gently, and put in some cream, and a little flour and butter. Serve with sippets.

ANGELS ON HORSEBACK. Oysters, bacon. Trim the beards from as many oysters as may be required, wrap each in a very thin shaving of fat, streaky bacon (cold boiled bacon is the best); run them one after the other on to a silver skewer, and hold them over a toast in front of a clear fire until the bacon is slightly crisp; serve on the toast immediately.

BARBECUED OYSTERS. Drain a dozen large oysters, dust them over with pepper, and cut an equal number of thin slices of bacon of about the same size. First put a slice of bacon and then an oyster and bacon and so on, alternating, on an iron skewer, taking care not to crowd them, and roast in a very hot oven until the bacon begins to crisp. Serve hot in a covered dish.

ESCALLOPED LOBSTER. Select lobsters that are rather above the medium size; plunge them in boiling water for half an hour. When cool enough to handle, split in two and remove the entrails; cut the meat into dice, being careful to pick out all the meat from the claws. Prepare in a farina kettle a pint of rich gravy made from equal parts of cream and milk, thickened with a heaping table-

spoonful of flour, creamed with two tablespoonfuls of butter. Season well with salt, cayenne pepper, and a tiny pinch of grated nutmeg; add the lobster to the sauce thus made, place in a buttered baking-dish, cover with bread-crumbs; place in a hot oven for ten minutes to brown.

PANNED OYSTERS. Select large, fat oysters, split and toast round crackers, and spread in the bottom of a pan; drain the liquor from the oysters, put in a saucepan and set on the stove to boil; skim, and season with pepper, salt, and a little butter; moisten the toasted crackers with hot liquor, and lay the oysters over; spread with bits of butter, and set in a hot oven for fifteen minutes.

SCALLOPED OYSTERS. Butter a baking-dish; fill it with alternate layers of rolled crackers and oysters; over each layer of oysters spread bits of butter and dash pepper—not salt, as it will shrivel them. Heat the liquor of the oysters, add to it one teacupful of cream, season to taste, and pour over the oysters. Set in a moderate oven, and bake nearly an hour.

FRIED OYSTERS. Carefully dry in a clean cloth a dozen large oysters. In a bright frying-pan put two heaping tablespoonfuls of good butter, and as soon as this comes to a boil, throw in the oysters and whip them out with a strainer as soon as they begin to curl up, and serve immediately. Oysters cooked in this manner are delicious, but the butter must be heated to the point when the blue smoke hovers over the pan. To three well-beaten eggs add one-half pint of oyster juice, a teaspoonful of salt, and black or Cayenne pepper according to taste. Work into this a gill of sweet-oil until the whole becomes a batter. On a bed of cracker dust on the table lay your oysters, then take them one by one by the beard, dip them in the mixture and then in the bread-crumbs. Repeat this three or four times, first in the egg mixture, then in the bread-crumbs. Place each oyster on the table by itself. Do not pile one on top of the other, or they will become heavy. Now fry in a pan of hot butter, and serve on a hot dish.

ROASTED OYSTERS. Take a dozen large oysters, wash them clean, and place them on the coals of a bright fire. As soon as the shells open, pour the juice into a hot soup-plate, remove the oysters from the shells with a knife, put them in the plate with a lump of butter, and serve while hot. Oysters treated in this manner retain more of their flavor and are easier digested than when cooked in any other way.

STEWED OYSTERS. To a pint of milk add the juice of twenty-five oysters, a teaspoonful of salt, pepper according to taste. Let it boil for one or two minutes, then add your oysters and a generous lump of butter.

OYSTER PATTIES. Make a rich paste, roll it out one-half inch thick, then turn a teacup down on the paste, and, with the point of a sharp penknife, mark the paste lightly round the edge of the cup. Then with the point of the knife make a circle about one-half inch from the edge; cut this circle half-way through. Place them on tins, and bake in a quick oven. Remove the center, and fill with oysters seasoned and warmed over the fire.

OYSTER STUFFING. One pint of oysters, one cup of seasoned and buttered cracker crumbs. Drain and roll each oyster in the crumbs. Put in the oysters, and sprinkle the remainder of the crumbs over the oysters.

OYSTER OMELET. Six eggs, whites and yolks beaten separately; one tablespoonful of cream, one-half teaspoonful of corn-starch wet with the cream, a salt-spoonful of salt, and a dust of pepper; a dozen fine oysters broiled. Beat yolks well, adding the cream and corn-starch; stir in the stiffened whites lightly; have ready a tablespoonful of butter in a frying-pan, hissing hot, but not browned. Pour in the omelet, and as soon as it sets at the edges, loosen with a knife, and shake gently with a uniform motion from side to side, until

the center is almost set. The oysters should have been broiled before you began the omelet. To do this, roll them in fine cracker dust, salted and peppered, broil quickly over a clear fire, transfer to a hot dish, put a bit of butter on each, cover, and keep hot while the omelet is cooking. When this is done, line one half of it, as it lies on the pan, with the oysters, fold the other over dexterously, and reverse the frying-pan quickly upon the heated dish in which it is to be served.

CREAMED OYSTERS. Twenty-five oysters, one pint of cream, one tablespoonful of butter, one tablespoonful of corn-starch or flour, one blade of mace, salt and pepper to taste. Put the oysters on to boil in their own liquor; as soon as they come to a boil, drain through a colander. Put the cream on to boil in a farina boiler. Rub the butter and flour together, and add to the cream when boiling; add the mace, and stir constantly until it thickens; then add the oysters, salt and pepper; stir until thoroughly heated, and serve.

LOBSTER A LA NEWBURG. Split two good-sized, freshly boiled lobsters. Pick all the meat out from the shells, and cut it into one-inch-length pieces. Place it in a saucepan on the hot range with one ounce of butter. Season with one pinch of salt and half a salt-spoonful of red pepper, adding two truffles cut into small pieces. Cook for five minutes; then add a wineglassful of Madeira wine. Reduce to one half, which will take three minutes. Have three egg yolks in a bowl with half a pint of sweet cream, beat well together, and add it to the lobster. Gently shuffle for two minutes longer, or until it thickens well. Pour it into a hot tureen, and serve hot

FRIED SOFT-SHELLED CRABS. Use six good-sized, live, soft-shelled crabs; cleanse and wash thoroughly, and dip each one in flour, then in beaten egg, and finally in bread-crumbs or pulverized crackers, using them very lightly. Fry in very hot fat for five minutes, drain, season with one pinch of salt, and serve on a hot dish.

PICKLED OYSTERS. Two hundred large oysters, half a pint of vinegar, half a pint of white wine, four spoonfuls of salt, six spoonfuls of whole black pepper, and a little mace. Strain the liquor, and add the above-named ingredients. Let boil up once, and pour, while boiling hot, over the oysters. After these have stood ten minutes, pour off the liquor, which, as well as the oysters, should then be allowed to get cold. Put into a jar and cover tight.

OYSTERS ON ICE. Put a rectangular block of clear ice in a large pan; melt a cavity large enough to hold the desired number of oysters. Pour the water from the cavity, and fill with oysters, which should first be drained, and seasoned with salt and pepper. Place a thick napkin on a platter, put the ice upon this, cover the dish with parsley or smilax, and garnish with lemon. The ice is sometimes roughly chipped to resemble a rock. If the dinner be served from the sideboard, individual plates of ice are made.

BROILED SOFT-SHELLED CRABS. Use six good-sized, fresh, soft-shelled crabs; cleanse and wash them well, then drain and oil slightly, and season with a pinch of salt and half a pinch of pepper. Put them on the broiler, and broil for five minutes on each side. Have six pieces of toast ready, lay a crab on top of each, slightly glaze them with a little melted butter, and serve. This dish must be served very hot

FISH A LA CREME. Three to five pounds of fish, one to one and a fourth pints of cream sauce, and one cup of cracker crumbs, moistened in one third of a cup of melted butter. Cook in boiling salted water with one tablespoonful of vinegar till the flesh separates easily; when cool, remove the skin and bones, and pick apart in flakes. Sprinkle well with salt and pepper. Make a rich white sauce. Put a layer of fish on a platter suitable for serving. Cover with the white sauce, letting the fish soak up all it will; then arrange another layer of fish and sauce. Spread moistened cracker crumbs

over the top with a fork. Set the platter in the oven over a pan of hot water, to keep the platter from cracking, and bake till the crumbs are brown. The whites of two or three eggs, beaten stiff and salted, are sometimes used in the place of crumbs. The sauce may be mixed with the fish.



THE flesh of poultry and of game-birds is rich in phosphates, and is therefore valuable food, particularly for invalids. The flesh of domestic fowl is not intermingled with fat, as the fat is found in layers directly under the skin, and surrounding the intestines. The flesh is also much shorter than that of ruminating animals. The meat of chicken, fowl, and turkey, is easily digested, and the white meat is more readily digested than the dark.

In choosing poultry, care should be taken to secure those that are fresh and fat. When poultry is young, the skin is thin and tender.

The finest game-birds are heavy for their size. White-fleshed game should be cooked till well done; that with dark flesh may be served underdone. The breast of all birds is the most juicy and nutritious part. As the phrase runs: "The wing of a walker and the leg of a flier are considered choice tidbits."

In choosing ducks, be careful to secure those with plump bodies and thick and yellowish feet, and, to insure their being tender, it is advisable to let them hang a day or two. In choosing turkeys, the hens are preferable for boiling on account of their whiteness and tenderness.

Partridges in perfection will have dark-colored bills and yellowish legs; the time they should be kept depends entirely upon the taste of those for whom they are intended; as what some people consider delicious, to others would be disgusting and offensive.

Rabbits, when young, have smooth and sharp claws.

In selecting a goose, choose one with a clean, white skin, plump breast, and yellow feet. Charcoal is considered as an admirable preventive for decomposition.

CHICKEN PATTIES. Cold chicken, milk, flour, pepper, salt, butter, and puff-paste. Mince cold chicken, and stir it into a white sauce, made of milk thickened with flour and flavored with pepper, salt, and butter; line small patty-pans with puff-paste, bake first, and then fill with the mixture, and set in a hot oven for a few minutes to brown.

FOWL TO BOIL. For boiling, choose those that are not black-legged. Pick them nicely, singe, wash, and truss them. Flour them, and put them into boiling water. Serve with parsley and butter, oyster, lemon, liver, or celery sauce.

ROAST FOWLS. Butter, flour, gravy, lemon-juice, sausages, bacon. Fowls require constant attention in dredging and basting, and the last ten minutes let butter, rolled in flour, be stuck over them in little bits, and allowed to melt without basting. The gravy for fowls should always be thickened, and slightly flavored with lemon-juice. Sausages or rolled bacon should be served on the same dish, and white mashed potatoes should always be handed with poultry.

CHICKEN A LA JARDINIERE. Two young chickens, butter, one onion, some savory herbs, carrots, turnips, onions, beef stock, mushrooms, two cabbages, some heads of asparagus, pepper, sugar. Put two young chickens in a saucepan with some butter, a large onion chopped up, some savory herbs, some salt, and sufficient water; the chickens should be dropped into the mixture when it is boiling, and left in the saucepan until the liquid is reduced by half; cut up in good shapes some carrots and turnips, some whole onions skinned and

blanched, and put them in a saucepan with some butter, some beef stock, some mushrooms, two very young cabbages, and some heads of asparagus; season with salt, pepper, and a little sugar; cook very gently, and fifteen minutes before serving add a piece of butter, kneaded with flour. Serve with vegetables well arranged around the dish.

CHICKEN CUTLETS WITH RICE. A teaspoonful of rice, some good stock, one onion, salt and pepper, some cold ham and chicken, egg, bread-crumbs. Boil a teacupful of rice in some good stock, and pound it in a mortar with an onion that has been cooked in butter, with salt and pepper. Pound separately in equal portions cold ham and chicken; form this into cutlets; cover them with egg and bread-crumbs and fry. Serve with a sharp sauce.

JELLIED CHICKEN. A chicken, one ounce of butter, pepper, and salt, one-half packet of gelatin. Boil the chicken until the water is reduced to a pint; pick the meat from the bones in fair-sized pieces removing all gristle, skin, and bone. Skim the fat from the liquor, add an ounce of butter, a little pepper and salt, and half a packet of gelatin. Put the cut-up chicken into a mold, wet with cold water; when the gelatin has dissolved, pour the liquor hot over the chicken. Turn out when cold.

CHICKEN RISSOLES. Some remnants of fowls, ham, and tongue, butter, a pinch of flour, white pepper, salt, nutmeg, parsley, eggs, a few drops of lemon-juice, flour, water, three pinches of sugar. Mince very finely some remnants of fowls, free from skin, add an equal quantity of ham or tongue, as well as a small quantity of truffles, all finely minced; toss the whole in a saucepan with a piece of butter mixed with a pinch of flour; add white pepper, salt, and nutmeg to taste, as well as a little minced parsley; stir in, off the fire, the yolks of one or two eggs beaten up with a few drops of lemon-juice, and lay the mixture on a plate to cool. Make a paste with some flour, a little water, two eggs, a pinch of salt, and two or three of sugar; roll it out to the thickness of a penny piece, stamp it

out in round pieces three inches in diameter; put a piece of the above mince on each, then fold them up, fastening the edges by moistening them with water. Trim the rissoles neatly with a fluted cutter, dip each one in beaten-up egg, and fry a golden color in hot lard.

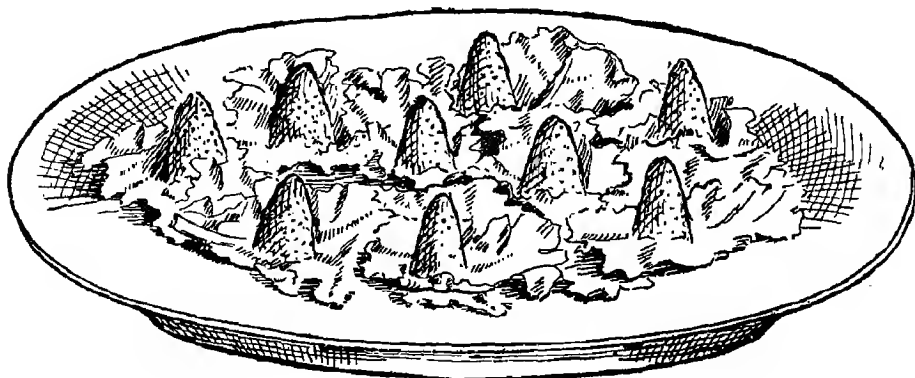
CHICKEN LOAF. A chicken, two ounces of butter, pepper, salt, egg. Boil a chicken in as little water as possible until the meat can easily be picked from the bones; cut it up fine, then put it back into the saucepan with two ounces of butter, and a seasoning of pepper and salt. Grease a square china mold, and cover the bottom with slices of hard-boiled egg; pour in the chicken, place a weight on it, and set aside to cool, when it will turn out.

PRESSED CHICKEN. Two chickens, boiled until the meat leaves the bones easily, then pull to pieces and chop fine, letting the liquor, in which they were cooked, boil down until only a cupful remains. Add about one half as much chopped ham as chicken; roll two soda crackers, pour the stock over, seasoning highly. Mix well together, put in a deep, long pan, pressing down hard with the hand. Fold a cloth several times, put over the top, and put on a weight. It will slice nicely if prepared the day before using.

ROAST WILD DUCK. Duck, bread-crumbs, carrot, pepper and salt, sage and onions, currant jelly, one pinch of cayenne, browned flour. Before roasting, parboil with a small carrot peeled and put inside. This will absorb the fishy taste. If you have no carrot at hand, an onion will have the same effect; but unless you mean to use onion in the stuffing, a carrot is preferable. When parboiled, throw away the carrot or onion, lay in fresh water for half an hour, stuff with bread-crumbs seasoned with pepper, salt, sage, and an onion, and roast till brown and tender, basting half the time with butter and water, then with drippings. Add to the gravy, when you have taken up the duck, one tablespoonful of currant jelly and a pinch of Cayenne. Thicken gravy with browned flour and serve in a tureen.

CHICKEN CROQUETTES. Breast of a roast fowl, tongues, truffles, butter, flour, stock, parsley, pepper, salt, nutmeg, eggs, lemon-juice.

The breast of a roast fowl, two parts; of boiled tongue, one part, and of truffles, one part; mince all these very fine, and mix them together. Melt a piece of butter in a saucepan, stir a little flour into it, then put in the above mixture, and moisten with a small quantity of stock; add some finely minced parsley, pepper, salt, and nutmeg to taste. Stir it on the fire for a few minutes, then stir in it, off the fire, the yolks of one or two eggs beaten up with the juice of a lemon and strained. Spread out this mince (which



CHICKEN CROQUETTES.

should be pretty stiff) on a marble slab, and when it is nearly cold, fashion it into small portions in the shape of balls or of cones. Dip each in a beaten-up egg, and then roll it in very fine baked bread-crumbs; repeat this operation after the lapse of an hour; and after a similar interval fry the croquettes in hot lard to a golden color. Serve on a napkin, with plenty of fried parsley.

BRAIZED CHICKEN. Draw and prepare a chicken as for roasting. Truss it without filling and place in a baking-pan over one half of a small carrot and one onion, chopped fine, four cloves, one sprig of parsley, and a little salt and pepper. To this add one pint of rich meat stock, cover closely, and bake in a quick oven for one and one-half hours. Then dish the fowl and place it where it will

keep hot. Put one tablespoonful of butter in a frying-pan, let it brown, and rub smooth in it one tablespoonful of flour ; add to this the liquor in which the chicken was braized and then twelve mushrooms, chopped fine. Stir this continually until it boils.

QUAIL PIE. Puff-paste, salt pork or ham, six eggs, butter, pepper, one bunch parsley, juice of one lemon. Clean and dress the birds, loosen the joints, but do not divide them ; put on the stove to simmer, while you prepare puff-paste. Cover a deep dish with it, then lay in the bottom some shreds of pork or ham, then a layer of hard-boiled eggs, a little butter and pepper. Take the birds from the fire, sprinkle with pepper and minced parsley. Squeeze lemon-juice upon them, and upon the breasts of the birds a few pieces of butter rolled in flour. Cover with slices of egg, then shred some ham and lay upon this. Pour in a little of the gravy in which the quails were parboiled, and put on the lid. Leave a hole in the middle and bake a little over one hour.

STEWED RABBIT. One rabbit, dripping or butter, flour, six onions. Cut a rabbit in pieces, wash in cold water, a little salted. Prepare in a stew-pan some flour and clarified dripping or butter; stir it until it browns. Then put in the pieces of rabbit, and keep stirring and turning until they are tinged with a little color; then add six onions, peeled but not cut up. Serve all together in a deep dish.

RABBIT PIE. Two rabbits, one-fourth pound fat pork, four eggs, pepper, butter, a little powdered mace, a few drops of lemon-juice, puff-paste. Cut a pair of rabbits into ten pieces, soak in salt and water half an hour, and simmer until half done, in enough water to cover them. Cut a quarter of a pound of pork into slices, and boil four eggs hard. Lay some pieces of pork in the bottom of the dish, the next a layer of rabbit. Upon this spread slices of boiled egg and pepper and butter. Sprinkle, moreover, with a little powdered mace, a few drops of lemon-juice upon each piece of meat. Proceed

in this manner until the dish is full, the top layer being pork. Pour in water in which the rabbit was boiled; when you have salted it and added a few lumps of butter rolled in flour, cover with puff-paste, make a hole in the middle, and bake for one hour. Cover with paper if it should boil too fast.

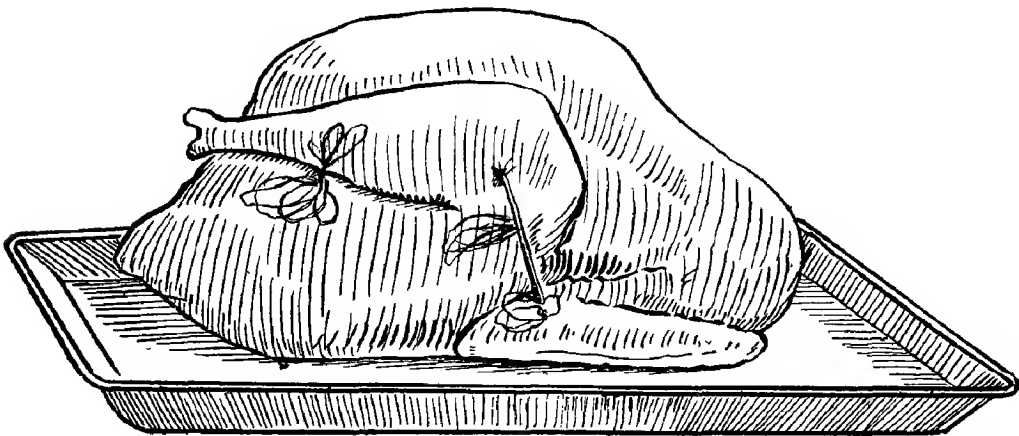
A GERMAN DISH. A tender fowl, salt, pepper, mace, flour, yolk of one egg, hot lard, liver, gizzard, parsley. Quarter a tender fowl, season the pieces with pepper, salt, and mace; flour, and then dip them in the beaten-up yolk of an egg; fry a golden color in hot lard; dish them, garnished with the liver and gizzard fried separately, and with fried parsley. Serve either with a salad garnished with hard-boiled eggs or tomato sauce.

PARTRIDGE. Dress one dozen nice partridges; put them in a baking-pan with one pound good butter, a small teacupful vinegar, one teaspoonful water, two pods red pepper, one-half teaspoonful ground black pepper, and salt to suit your taste. Put the pan into the stove, which must be hot enough to cook them at once; three fourths of an hour is generally sufficient. When the birds are brown all over, which they will be if you have basted them diligently as you turned them, set the pan on the top of the stove, pour in at once one quart of fresh sweet cream, adding one-half teacupful of grated biscuit-crums; stir well to keep from burning, and serve in a few minutes on a warm platter.

TURKEY TO ROAST. The sinews of the legs should be drawn, whichever way it is dressed. The head should be twisted under the wing; and in drawing it take care not to tear the liver, nor let the gall touch it. Put a stuffing of sausage-meat, or, if sausages are to be served in the dish, a bread stuffing. As this makes a large addition to the size of the bird, observe that the heat of the fire is constantly to that part; for the breast is often not done enough. A little strip of paper should be put on the bone to hinder it from scorch-

ing while the other parts roast. Baste well and froth it up. Serve with gravy in the dish, and plenty of bread-sauce in a sauce-tureen. Add a few crumbs and a beaten egg to the stuffing of sausage-meat.

ROAST TURKEY. Plain forcemeat, one turkey, bacon, butter, salt, pork sausages, gravy. Pluck, singe, draw, wipe thoroughly, and truss a fine turkey; stuff it with plain forcemeat, pack it up in some thin slices of fat bacon, and over that a sheet of buttered paper; put in oven, basting frequently with butter. A quar-



ter of an hour before it is done, remove the paper and slices of bacon. Sprinkle with salt just before serving. Garnish with pork sausages, and serve with a tureen of gravy. Time of roasting, two or three hours, according to size.

PIGEONS. May be dressed in many ways. The flavor depends very much on their being cropped and drawn as soon as killed. No other bird requires so much washing. Pigeons left from dinner the day before may be stewed or made into a pie; in either case care must be taken not to overdo them, which will make them

stringy. They need only be heated up in gravy, made ready, and force-meat balls may be fried and added, instead of putting a stuffing into them. If for a pie, let beefsteaks be stewed in a little water, and put cold under them, and cover each pigeon with a piece of fat bacon, to keep it moist. Season as usual.

**ROAST
PIGEONS.**

Should be stuffed with parsley, either cut or whole, and seasoned within. Serve with parsley and butter. Peas or asparagus should be dressed to eat with them.

**GIBLETS
TO STEW.**

Salt and pepper, butter, one cup of cream, one teaspoonful of flour. Treat them as directed for gilet-pie (under the head "Pies"); season them with salt and pepper, and a very small piece of mace. Before serving, give them one boil with a cup of cream, and a piece of butter rubbed in a teaspoonful of flour.

**TO COOK
DUCKS.**

Prepare as many ducks as you wish for a meal, and cut them up as you would to stew. Cover with cold water and let it come to a boil, then pour off the water, adding a fresh supply. Boil until tender, season with pepper and salt, then, pouring off the water, fry brown in butter. This is a splendid dish; the parboiling takes out all the wild taste which ducks usually have. Old prairie chickens may be treated in the same way.

**ROAST
GOOSE.**

Prepare the goose the same as a chicken. Fill with potato or onion stuffing, being careful not to fill it too full, as this dressing will always swell in cooking. Place it in a baking-pan with one cupful of water and two teaspoonfuls of salt. Bake in a quick oven, allowing twenty-five minutes for each pound, basting it frequently. When the goose has been roasting an hour, cool the oven, and finish the roast at a moderate heat. Goslings may be cooked in the same manner, allowing fifteen minutes to each

**POTATO
STUFFING
FOR GEESE
OR DUCKS.**

Mix together two cupfuls hot mashed potatoes, one teaspoonful salt, one teaspoonful onion juice, four tablespoonfuls of cream, one-fourth teaspoonful black pepper, one tablespoonful chopped parsley, one tablespoonful butter, and the yolks of two eggs. Beat until the mixture becomes light.

**TO BOIL A
TURKEY.**

Pick, singe, draw, and wash it. Truss it by drawing the legs in under the skin; fasten them with a piece of tape round the joints, and tie it round the rump. Make a stuffing of bread-crumbs, pepper, and salt, or of chopped oysters, and put it where the crop was taken out. Boil slowly for two hours, take off the tape, and serve with either oyster, celery, or plain white sauce.

**CHESTNUT
SAUCE
FOR ROAST
TURKEY.**

Remove the outer skin from a number of chestnuts (carefully excluding any that may be the least tainted), put them to boil in salted water with a handful of coriander seeds, and a couple of bay-leaves. When thoroughly done, remove the outer skin, and pound the chestnuts in a mortar, adding a little stock (free from fat) now and then. When a smooth paste is obtained, fry an onion in butter to a light color, add the chestnut paste and sufficient stock to get the sauce of the desired consistency; add salt and pepper to taste, pass through a hair sieve, and serve.

**TRUFFLE AND
CHESTNUT
STUFFING.**

One pound fat bacon, two shallots, one pound chestnuts, one-half pound truffles, pepper, salt, spices, thyme, marjoram. Mince one pound of fat bacon and a couple of shallots, give them a turn on the fire in a saucepan; then put in one pound of chestnuts, boiled and peeled, and one-half pound of truffles, both cut up in moderate-sized pieces; add pepper, salt, and spices to taste; also a little powdered thyme and marjoram. Give the mixture another turn or two on the fire, and it is ready.

TRUFFLE SAUCE. Rub a saucepan with a shallot, melt a piece of butter in it, add a very small quantity of flour and the trimmings of the truffles chopped coarsely; moisten with some good stock free from fat, and season with pepper, salt, and the least piece of nutmeg. Let the sauce simmer about ten minutes, and it is ready.

BROILED QUAIL. Split the quail down the back. Wipe with a damp towel. Season with salt and pepper, rub thickly with soft butter, and dredge with flour. Broil ten minutes over clear coals. Serve on hot buttered toast, garnishing with parsley.

ROAST HAUNCH OF VENISON. Butter, salt, flour, and water. Trim the joint neatly, wipe it well with a cloth, rub it over with butter, and sprinkle it with salt; then wrap it up in a sheet of buttered kitchen paper. Make a paste with flour and water, roll it out to the thickness of about half an inch, wrap the joint in this, and close up all the openings carefully by wetting the edges of the sheet of paste; lastly, pack up the haunch into a sheet of well-buttered paper, put in the oven for about three hours, basting occasionally, then remove the paste and paper coverings, baste the haunch plentifully with butter, and when nearly done, dredge some flour over it and some salt. Serve on a hot-water dish.

BREAST OF VENISON STEWED. One onion, one carrot, a bundle of sweet herbs, a few cloves, pepper and salt, common stock, butter, one tablespoonful of flour, one squeeze of lemon. Remove the bones and skin, roll it up and tie it with a string in the shape of a round of beef, put it into a stew-pan with an onion and carrot, sliced, a bundle of sweet herbs, a few cloves, and pepper and salt to taste, add common stock sufficient to come up to the piece of venison, cover up the stew-pan, and let the contents simmer gently for about three hours, turning the meat occasionally; when done, strain as much of the liquor as will be wanted for sauce, into a saucepan contain-

ing a piece of butter, previously melted and well mixed with a tablespoonful of flour; stir the sauce on the fire until it thickens, then add a squeeze of lemon; pour it over the meat in a dish and serve.

WILD DUCKS STEWED. Pepper, salt, flour, butter, gravy made of the giblets, neck, and some pieces of veal, one shallot, one bunch of sweet herbs, one-half cup of cream or rich milk in which an egg has been beaten, brown flour, one tablespoonful of wine, juice of half a lemon. Prepare to parboil for ten minutes. Lay in cold water for half an hour. Cut into joints, pepper, salt, and flour them. Fry a light brown in some butter. Put them in a stew-pan and cover with gravy made from the giblets, neck, and some pieces of veal. Add a minced shallot, bunch of sweet herbs, salt and pepper. Cover and stew for half an hour or until tender, take out the duck, skim the gravy, and strain; add half a cup of cream, or some rich milk in which an egg has been beaten, thicken with brown flour, and add the juice of half a lemon. The lemon-juice must be beaten in slowly, or the cream may curdle. Boil up and pour over the ducks and serve.

BROILED SMALL BIRDS. Small birds can be broiled according to the directions for quail, remembering that for extremely small ones it takes a very bright fire. As birds should be only browned, the time required is very brief.



BEEF is by far the most largely used of all the meats, and is the most nutritious. The object in cooking meats is to retain the nourishment and flavor, and the flavor and juiciness of meat depend quite as much upon the method of cooking as upon the quality of the meat. The meat should be of a clear red color and of fine grain.

A side of beef is divided as follows: The fore quarter consists of the following parts, which may be cooked as designated: Five prime ribs (good roast), five chuck ribs (small steaks and stews), neck (Hamburg steaks), sticking-piece (mincemeat), rattle-ran (corned for boiling), brisket (best pieces for corning), fore shin (soup stock and stews). Hind quarter: Flank (stuffed, rolled, and braized, or corned and boiled); round—aitchbone (cheap roast, beef stew, or braized),—top (steaks, best cuts for beef tea),—lower part (Hamburg steaks, curry of beef),—vein (steaks); rump—back (choicest large roasts and cross-cut steaks),—middle (roasts)—face (inferior roasts and stews); loin—tip (extra fine roasts),—middle (sirloin and porter-house steaks),—first cut (steaks and roast); tenderloin, sold as a fillet, or cut in steaks (darded and roasted, or broiled), hind shin (cheap stew or soup stock).

The other parts of the beef used for food are: brains (stewed, scalloped dishes, or croquettes), tongue (boiled or braised, fresh or corned), heart (stuffed and braised), liver (boiled or fried), kidneys (stewed or sauté), tail (soup), tripe (lyonnaise, broiled, or fried in butter).

All meat should be removed from the paper in which it is wrapped as soon as it comes from the market, or it will taste of the paper, and the paper will absorb the juices of the meat.

BEEFSTEAK PUDDING. One-half pound of flour, six ounces of beef suet, two and one-half pounds of rump or beefsteak, pepper and salt, one dozen oysters, one-fourth pint of stock. Chop the suet fine, and rub it into the flour with your hands, sprinkling a little salt, then mix with water to a smooth paste; roll the paste to an eighth of an inch; line a quart pudding basin with the paste; cut the

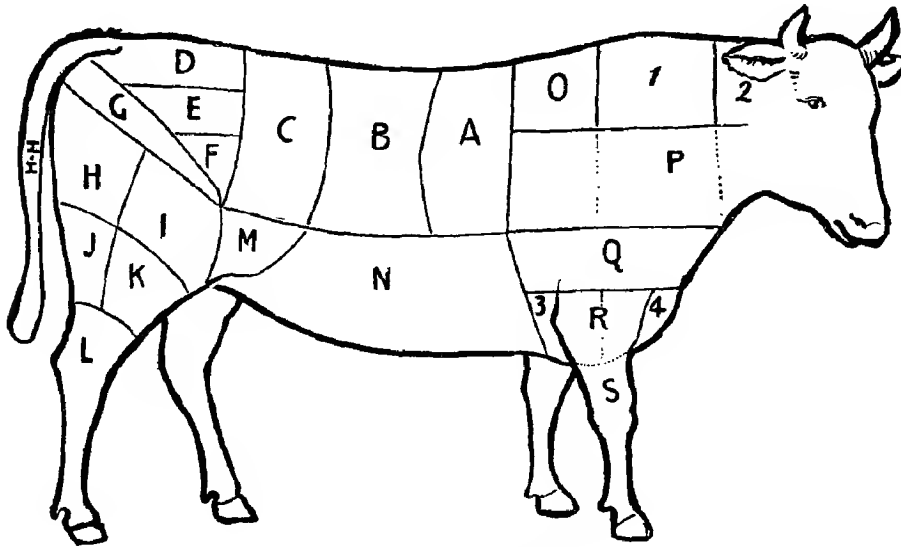


DIAGRAM OF A STEER.

A. Tip of Sirloin.
 B. Middle of Sirloin.
 C. First Cut of Sirloin.
 D. Back of Rump.
 E. Middle of Rump.
 F. Face of Rump.
 G. Aitchbone.
 H. Lower Part of Round.
 H. H. Tail.
 I. Vein.
 J. Poorer Part of Round.
 K. Poorer Part of Vein.

L. Shin.
 M. Boneless Flank.
 N. Thick Flank with Bone.
 O. First Cut of Ribs.
 1. Chuck Ribs.
 2. Neck.
 P. Rattle-ran.
 Q. Second Cut of Rattle-ran.
 R. Brisket.
 3. Navel End.
 4. Butt End.
 S. Fore Shin.

steak into thin slices, flour them, and season with pepper and salt; put the oysters and the liquor that is with them into a saucepan and bring it to the point of boiling; then remove from the fire, and strain the liquor into a basin; then cut off the beards and the hard parts, leaving only the soft; roll the slices of steak, filling the basin with the meat

and oysters; pour in the stock and liquor from the oysters. Cover with paste and boil three hours. Be sure the water is boiling before putting the pudding in.

FILLETS OF BEEF WITH OLIVES. A piece of rump-steak, pepper, salt, olives, onions, flour, stock, sauce. Cut a piece of rump-steak into slices three eighths of an inch thick, and trim them into shape. Melt plenty of butter in a baking-tin, lay the fillets of beef in this, and let them stand in a warm place for an hour or so; then sprinkle them with pepper and salt, and fry them in some very hot butter, turning them to let both sides color. Stone a quantity of olives and parboil them. Fry some onions a brown color in butter, add a little flour, and, when that is colored, as much stock as you want sauce, pepper, salt, and spices to taste. Let the sauce boil, then strain it, add the olives, and serve when quite hot, with the fillets in a circle round them.

FILLETS OF BEEF A LA CHATEAU-BRIAND. A piece of sirloin of beef, pepper, salt, oil. A piece of the undercut of the sirloin of beef; trim off fat neatly, and the skin next to it; cut it across the grain into slices one and one-half inches thick, sprinkle them with pepper, dip them in oil, and broil over a clear fire, sprinkle with salt, and serve very hot in a dish garnished with potatoes *sautées au beurre*. For potatoes *sautées au beurre* see recipe under "Vegetables."

GRENADINS OF BEEF. Rump-steak, lard, bacon fat, rich stock of gravy, onions, turnips, butter, flour, milk, pepper, salt, and nutmeg. Cut some rump-steak in slices a little more than half an inch thick, trim them all to the same size in the shape of cutlets, and lard them thickly on one side with fine lardoons of bacon fat. Lay them out, the larded side uppermost, into a flat pan, and put into it as much highly flavored rich stock or gravy as will come up to the grenadins without covering them. Cover the pan and place it in the oven to braise gently for an hour. Then remove the

cover, baste the grenadins with the gravy, and let them remain uncovered in the oven till the larding has taken color; they are then ready. Take equal quantities of carrots and turnips cut into the shape of olives. Boil all these vegetables in salted water, then melt a piece of butter in a saucepan, add a tablespoonful of flour, stir in sufficient milk to make a sauce, add pepper, salt, and a little grated nutmeg. Put all the vegetables into this sauce, of which there should be just enough to hold them together; toss them gently in it till quite hot. Dress them in the middle of a dish, round them dispose the grenadins in a circle, and, having removed the superfluous fat from their gravy, put this round the grenadins, and serve.

BEEFSTEAK Force meat, two ounces of fat bacon, two ounces of
PIE. bread-crumbs, parsley, thyme, a small onion, mush-

rooms, seasoning for force meat, salt, pepper, and nutmeg, two eggs, a tender rump-steak, shallot, gravy. Make some force meat with two ounces of fat bacon, two ounces of bread-crumbs, a little chopped parsley, thyme, a small onion, and some mushrooms; add seasoning of salt, pepper, and nutmeg, pound in mortar, moistening with the yolks of two eggs. Take a tender rump-steak or the under-cut of a sirloin of beef, cut it in thin slices, season with salt, pepper, and a little shallot. Roll each slice like a sausage with some force meat inside, border a pie dish, put in the beef and force meat, fill it up with good gravy, flavored with Harvey sauce. Cover with puff-paste; bake in a moderate oven. Make a hole in the top, and add some reduced gravy.

CURRIED Beef, two ounces butter, two onions, a tablespoonful
BEEF. of curry-powder, one-fourth pint milk, lemon-juice.

Slice the onions, and fry in butter a light brown, mix well with the curry-powder, adding the beef, cut into small pieces about an inch square, pour in milk, and allow to simmer for thirty minutes, stirring frequently; when done, add lemon-juice. It greatly improves the dish to build a wall of mashed potatoes or boiled rice around it.

CORNERD BEEF. Four gallons of fresh water, one-half pound of coarse brown sugar, two ounces of saltpeter, seven pounds of common salt. Put four gallons of fresh water, one-half pound of coarse brown sugar, two ounces of saltpeter, seven pounds of common salt into a boiler, remove the scum as it rises, and, when well boiled, leave it to get cold. Put the meat in the pickle, lay a cloth over it, and press the meat down with bricks or any weight.

BEEF CAKE. To each pound of cold roast meat allow one-fourth pound of bacon or ham, a little pepper and salt, one bunch of minced savory herbs, two eggs. Have your meat underdone and mince very fine, add the bacon, which must also be well minced; mix together, stir in the herbs, and bind with two eggs; make into square cakes about one-half inch thick, fry in hot dripping, drain on blotting-paper, and serve with gravy poured round.

BEEF CROQUETTES. One cupful of cold beef chopped fine, one cupful of mashed potatoes, two tablespoonfuls of finely minced parsley, and one onion; season to taste; then add one well-beaten egg, and mix thoroughly. Mold into balls, dip first in bread-crumbs, then into beaten egg; fry in plenty of hot lard until a delicate brown. Eat very hot.

ROAST BULLOCK'S HEART. One bullock's heart, one-fourth pound of suet, six ounces of bread-crumbs, one-fourth pint of milk, one tablespoonful of chopped parsley, one dessert spoonful of chopped mixed herbs, one fourth pound of dripping or butter, one pint of gravy or beef-tea. For the sauce: one small onion, a dessert-spoonful of flour, salt and pepper, butter the size of an egg, a large spoonful of mushroom catsup. Wash the heart in salt water, taking care to remove all the blood; wash in second water, and dry with a clean cloth; be careful to dry it thoroughly; chop the suet as fine as possible, mix with some bread-crumbs the suet, parsley, herbs, salt, and pepper; lastly, put in the milk, then proceed to fill all the cavities of the heart with the stuffing; take a piece of paper, grease

it well with butter or dripping, place this over the cavities, and tie it on tightly with string; put one ounce of dripping into the pan, and baste the heart occasionally; when gravy boils, cut up the onion, sprinkling with pepper and salt, and add to the gravy; allow it to stew gently until about five minutes before the heart is done; skim occasionally; when done, strain the liquor; into another saucepan put the butter, and allow it to melt a minute or two; then add the flour and mix smoothly together; then pour in slowly the liquor, stirring until it boils and thickens. Then dish up, remove paper, and add to the sauce the mushroom catsup. Immediately pour this sauce round the heart, and serve.

BUBBLE A few thin slices of cold boiled beef, a little butter,
AND SQUEAK. small cabbage, one sliced onion, pepper and salt to
 taste. Fry the beef gently in the butter, place on a
flat dish, and cover with fried greens. Savoy may be used. Boil
until tender, press in colander, mince, and then put in frying-pan with
butter and sliced onion, and a little salt and pepper.

BEEF Three pounds of beefsteak, three-fourths pound of suet,
OMELET. salt and pepper, a little sage, eggs, and six Boston
 crackers. Chop up fine the beefsteak and the suet;
add the seasonings of salt, pepper, and a little sage, three eggs, and
six Boston crackers rolled; make into a roll and baste.

STEWED One tablespoonful of butter, two sliced onions, twelve
BEEF. whole cloves, allspice, one-half teaspoonful of salt, one-
 fourth teaspoonful of black pepper, one pint of cold
water, two or three pounds of tender beef, a little flour, a few sprigs of
sweet basil. In a stew-pan place a large tablespoonful of butter, in
which fry until quite brown two sliced onions, adding, while cooking,
twelve whole cloves; ditto allspice; one-half teaspoonful of salt, and
half that quantity of black pepper; take from the fire, pour one pint of
cold water, wherein lay two or three pounds of tender lean beef cut in

small, thick pieces; cover closely, and let all stew gently two hours, adding, just before serving, a little flour thickening. A few sprigs of sweet basil is an improvement.

STUFFED STEAK. Take a good-sized steak,—either round or flank will do,—slash until tender. Have ready a dressing made of bread-crumbs well seasoned, with bits of butter and onion or parsley chopped through it. Spread the steak with this, roll and tie firmly. Brown three tablespoonfuls of flour in your pan, work in a little butter, and thin with cold water. Put the steak in the pan, and baste frequently as it bakes in a moderate oven.

IRISH STEW. Cut three pounds of the neck of beef into small pieces, put in a saucepan and cover with half a gallon of boiling water, add a teaspoonful of salt, two sliced onions, and three or four peppercorns, and simmer gently for three hours. Pare and quarter half a dozen potatoes, add to the meat, and cook half an hour longer; thicken with the beaten yolk of an egg and a tablespoonful of butter rolled in flour.

HAMBURG STEAK. This is a nice way to cook Hamburg steak: Chop fine one pound of round steak, add two small onions, chopped fine, and pepper and salt to taste. Flour your hands, take two tablespoonfuls of the mixture and make into small, flat cakes. Have a large lump of butter, very hot, in your frying-pan, drop in the cakes and fry brown on either side. Some people make a gravy by adding a couple teaspoonfuls of flour to the butter in the pan, stirring in half a pint of cold water, with salt and pepper, and letting it boil up.

HASH. Put one and one-half teacups of boiling water into a saucepan, and make a thin paste with a teaspoonful of flour and a tablespoonful of water. Stir and boil it for three minutes. Add half a teaspoonful of black pepper, rather more of salt, and one

tablespoonful of butter. Chop cold beef into fine hash, removing all tough, gristly pieces; put the meat into a tin pan; pour over it the gravy already mentioned, and let it heat ten minutes or so, but not cook. If preferred, add equal quantity of chopped boiled potatoes, and if you have the gravy of yesterday's dinner, you may use it instead of the made gravy, and you will need less pepper, salt, and butter.

JELLIED TONGUE. Boil until done, one large beef's tongue, saving a pint of the liquor; remove the skin, allow it to get perfectly cold and slice as for the table. In half a pint of water, dissolve thoroughly two ounces of gelatin; carefully take from a teacupful of browned veal gravy all the grease, stir in a small tablespoonful of sugar, one tablespoonful of burned sugar to color the jelly, and three tablespoonfuls of vinegar, then the liquor in which the tongue was boiled; mix in well the dissolved gelatin, then a pint of boiling water; strain through a jelly bag. As soon as it begins to set, pour a little jelly into the bottom of the mold, add a layer of tongue, then more jelly, until it is full; set in a cold place. When wanted, dip the mold an instant into hot water, and turn the contents into a dish, which should be garnished with lettuce leaves, nasturtium flowers or sprigs of celery.

BEEF A LA MODE. Six pounds of the upper part, or of the vein, of the round of beef, half a pound of fat salt pork, three tablespoonfuls of butter, two onions, half a carrot, half a turnip, two tablespoonfuls of vinegar, one of lemon-juice, one heaping tablespoonful of salt, half a teaspoonful of pepper, two cloves, six allspice, a small piece of stick cinnamon, a bouquet of sweet herbs, two scant quarts of boiling water, and four tablespoonfuls of flour. Cut the pork in thick strips—as long as the meat is thick, then make the holes with the boning knife or the carving steel, and press the pork through with the fingers. Put the butter in a six-quart stew-pan, and when it melts, add the vegetables, cut fine. Let them cook five minutes, stirring all the while. Put in the meat, which has been well dredged with the flour; brown on one side, and then turn, and brown the other. Add one quart of the water; stir well, and then add the other, with the

spice, herbs, vinegar, salt, and pepper. Cover tightly, and simmer gently four hours. Add the lemon-juice. Taste the gravy, and, if necessary, add more salt and pepper. Let it cook twenty minutes longer. Take up the meat, and draw the stew-pan forward, where it will boil rapidly for ten or fifteen minutes, having first skimmed off all the fat. Strain the gravy on the beef, and serve.

BEEF If it has been dried and smoked before it is dressed, it
TONGUE. should be soaked overnight; but if only pickled, a few
 hours will be sufficient. Put it in a pot of cold water
over a slow fire for an hour or two before it comes to a boil; then let
it simmer gently for from three to four hours, according to its size;
ascertain when it is done by probing it with a skewer. Take the skin
off, and before serving, surround the root with a paper frill.



A GOOD veal should have the flesh firm and dry, fine grained, and of a delicate pinkish color, plenty of kidney fat, and the joints stiff. The fat should be white and clear. The calf should not be killed until it is two months old.

Veal is divided into fore and hind quarters; the fore quarter is subdivided into loin, breast, shoulder, and neck; the hind quarter into leg and loin. The leg is used for cutlets and fillets, and the loin for chops. The loin, shoulder, fillet, and breast are used for roasting. The knuckle, which is the lower part of the leg after cutlets are taken off, and the neck are used for soups, stews, and pies.

ROAST VEAL Eight ounces of bruised bread-crumbs, four ounces of **STUFFED.** chopped suet, shallot, thyme, marjoram, and winter savory, two eggs, salt, and pepper. To eight ounces of bruised crumbs of bread add four ounces of chopped suet, shallot, thyme, marjoram, and winter savory, all chopped fine; two eggs, salt and pepper to season; mix all these ingredients into a firm, compact kind of paste, and use this stuffing to fill a hole or pocket which you will have cut with a knife in some part of the piece of veal, taking care to fasten it in with a skewer. A piece of veal weighing four pounds would require rather more than an hour to cook it thoroughly before a small fire.

STEWED VEAL. Two quarts of water, one peeled onion, a few blades of mace, a little salt, one-fourth pound of rice, butter, chopped parsley. Break the shank bone, wash it clean, and put it into two quarts of water, one onion peeled, a few blades of mace, and a little salt; set over a quick fire, and remove the scum as it rises; wash carefully one-fourth pound of rice, and when the veal has cooked for about an hour, skim it well and throw in the rice; simmer for three fourths of an hour slowly; when done, put the meat in a deep dish and the rice around it. Mix a little drawn butter, stir in some chopped parsley, and pour over the veal.

VEAL AND HAM PIE. Force meat balls, one or two eggs, ham and veal, mushrooms, gravy, pie crust, jelly, onions, herbs, lemon peel, salt, cayenne, parsley, whites of eggs. Cut some thin slices off the leg or neck of veal, free them from skin and gristle, lard them well, and season with salt and pepper. Have some eggs boiled hard and thin slices of ham. Make some force meat balls with fat bacon, the trimmings of the veal, chopped onions, parsley, sweet herbs, grated lemon peel, salt, cayenne, and pounded mace. Pound all in a mortar, and bind with one or two eggs. Line a pie with good paste, and fill it with layers (not too close), first one of ham, then one of veal, of force meat balls, of the eggs (cut in halves), and so on; a few mushrooms may be added; put in some gravy; lastly, a layer of thin bacon, and cover all with tolerably thick crust, glaze. Bake for about four hours in a moderate oven. Make a hole in the top, and insert some good savory jelly—made with an ox's or calf's foot, knuckle of veal, and trimming of bacon and ham well flavored with onions, more herbs, and lemon peel, and cleared with the whites of eggs. Leave till quite cold, then it can be cut with a sharp knife into slices.

VEAL CAKE. One-half pound veal cutlets, one rasher of ham, two hard-boiled eggs, a little veal stuffing, and one-half ounce of gelatin. Cut the eggs into slices and arrange them at the bottom and sides of a pie-dish. Cut the veal and ham into rather small pieces; arrange them in layers, with a little stuffing and egg

between, and a small quantity of water, pepper, and salt. Cover with a plain crust, in which make two holes. Bake very slowly for two hours. Before it is done, have ready the gelatin dissolved in one-half teacupful of boiling water, with pepper and salt. Pour this into the holes in the crust. Shake it down well, to mix together. Turn out when cold.

VEAL Slice boiled veal about one half an inch in thickness;
PUDDING. butter a pudding dish and have ready two cupfuls of boiled rice; put first a layer of rice, then one of meat; season to taste, and add, if you like, a little chopped sage. Beat one egg into one cupful of milk; add a little salt and pour over the pudding; bake three fourths of an hour.

MARbled Spice, butter, tongue, and veal. Some cold roasted
VEAL. veal, season with spice, beat in a mortar; skin a cold boiled tongue, cut up and pound it to a paste, adding to it nearly its weight of butter; put some of the veal into a pot, and strew in lumps of the pounded tongue; put in another layer of the veal and then more tongue; press it down and pour clarified butter on top; this cuts very prettily like veined marble. White meat of fowls may be used instead of veal.

VEAL Four pounds of the best end of the neck of veal, one-
CUTLETS. half teaspoonful of minced thyme, rind of a small lemon, one bunch of parsley, one tablespoonful of butter, one teaspoonful of lemon-juice, one egg, pepper and salt, bread-crumbs, one-half pound of bacon. To shape the cutlets, saw off the end of the rib bone, saw off the chine bone also, which lies at the back of the cutlets; then form the cutlets to a neat shape. Mince thyme and lemon rind and parsley as fine as possible; melt the butter, and add these ingredients to it; add also the egg, pepper, and salt, and beat all up together; then rub very fine some crumbs of bread; dip each cutlet into the mixture, then cover with bread-crumbs; when the gridiron is perfectly warm, arrange the cutlets upon it. Have the fire nice and

bright, but do not allow them to cook too fast, or the bread-crumbs will burn before the cutlets are cooked through; allow them to brown nicely on both sides; about ten minutes will be the time. Serve on a wall of mashed potatoes in a circle; fill the center of dish with rolls of bacon and with a nice brown sauce. For Rolls: Cut some neat slices of bacon, roll them up, and run a skewer through each; place this in the oven for about five minutes, then remove the skewer and arrange in center of dish.

VEAL Pepper and salt, crackers, milk, and gravy from meat,
SCALLOP. two eggs, butter. Chop some cold roast or stewed veal very fine; put a layer on the bottom of a pudding-dish well buttered; season with pepper and salt; next have a layer of finely powdered crackers; wet with a little milk or some of the gravy from the meat. Proceed until the dish is full; spread over all a thick layer of cracker-crumbs, seasoned with salt and wet into a paste with milk and two beaten eggs. Stick pieces of butter all over it, cover closely, and bake half an hour; then remove the cover and bake long enough to brown nicely. Do not get it too dry.

VEAL Boil one and one-half pounds of veal—or use that left
CROQUETTES. from roast. Mince very fine, add two eggs, one-half cup of rolled crackers, salt, and pepper. Make into small balls or cakes, roll in flour, and fry in butter, or put in wire basket and fry in lard. Serve on napkin.

HASHED Calf's head, one ounce of butter, two tablespoonfuls of
CALF'S HEAD flour, one-half pint of white stock, a few button mush-
A LA rooms, white pepper and salt to taste, two eggs, juice
POULETTE. of a lemon, parsley. Cut the remnants of a boiled head into uniform pieces the size of half an apple. Melt in a saucepan one or two ounces of butter, according to the quantity of meat to be hashed; amalgamate with it one or two tablespoonfuls of flour, then stir in one-half pint, more or less, of white stock. Stir well, then add a few button mushrooms, white pepper and salt to

taste, and let the sauce boil for ten minutes. Put the saucepan by the side of the fire, and lay the pieces of calf's head in it; let them get hot slowly, but not boil. Just before serving, stir in, off the fire, the yolks of two eggs, beaten up with the juice of a lemon, and strained; also a small quantity of either tarragon or parsely very finely minced.

LOIN OF Veal, two ounces of butter, one carrot, one onion, a
VEAL little parsley, sweet herbs, a leaf or two of basil, a bay-
BRAIZED. leaf, a crust of bread toasted brown, a little flour, and a
little stock. About two ounces of butter, one carrot,
one onion, a little parsley, sweet herbs, a leaf or two of basil, and a bay-
leaf; brown a large crust of bread and put it in a stew-pan with the
above things, and fry them until they are brown; then flour the meat
and brown it well, putting it back in the saucepan; add a little stock,
and baste it in the gravy till done, and keep turning the meat. Sim-
mer four pounds for three or four hours.

CALF'S Wipe with a wet cloth. Lard the rounded side with
LIVER bacon or salt pork. Fry an onion in fat salt pork.
BRAIZED. Put the liver and fried onion in a braizing-pan; add hot
water to half cover, one teaspoonful of salt, one tea-
spoonful of pepper, and one tablespoonful of herbs. Cover, and cook
in a moderate oven two hours, basting often. When ready to serve,
strain the liquor, season with lemon-juice, and pour it over the liver.

VEAL OLIVES. One and a half pounds of veal, cut very thin. Trim
off the edges and fat; then cut in strips three inches
wide and four long; season well with salt and pepper. Chop fine the
trimmings and the fat. Add three tablespoonfuls of powdered cracker,
half a tablespoonful of butter, one-half teaspoonful of sage and savory,
mixed, one-fourth teaspoonful of pepper, and one teaspoonful of
salt. Mix very thoroughly, and spread on the strips of veal. Roll
them up and tie with twine. When all are done, roll in flour. Fry
brown a quarter of a pound of pork. Take it out of the pan, and put
the olives in. Fry brown, and put in a small saucepan that can be

tightly covered. In the fat remaining in the pan put one tablespoonful of flour, and stir until perfectly smooth and brown; then pour in gradually, nearly a pint and a half of boiling water. Stir for two or three minutes, season to taste with salt and pepper, and pour over the olives. Cover the saucepan, and let simmer two hours. Take up at the end of this time and cut the strings with a sharp knife. Place the olives in a row on a dish, and pour the gravy over them.

VEAL LOAF. Saw a knuckle of veal in pieces, wipe, put in kettle with one pound lean veal and one onion; cover with boiling water, and cook slowly until veal is tender. Drain and chop the meat fine, season highly with salt and pepper. Put in layer of meat, layer of thinly sliced hard-boiled eggs, sprinkle with finely chopped parsley, and cover with remaining meat. Pour over liquor, which should be reduced to one cupful. Press and chill, turn on a dish.



IN nutritive value mutton stands next to beef, and has the additional merit of being easier of digestion. Good mutton should be large and heavy, the fat white and firm, the flesh close-grained, and bright red. Lamb is in season from April to September, but is best when two months old. It must be used within three days after killing, while mutton should hang at least a week in cold weather and three weeks will not hurt it.

The leg, shoulder, and loin make nice roasting pieces; the breast and neck are used for soups and stews. The loins are also used for chops.

MUTTON This is an entrée always ready at hand, but it must be
CUTLETS. carefully and neatly prepared. A dish of well-dressed mutton cutlets is truly “a dish to put before a king;” whereas greasy, fat, gristly meats, called for the nonce cutlets, offend the taste of the least fastidious. The first thing to attend to is the cutting and trimming of the cutlets neatly. Take a piece of the best end of the neck of mutton, saw off the bones short, remove gristle and fat, cut the cutlets about one third of an inch in thickness, shape, and trim them neatly, beat them with a cutlet bat dipped in water, and then proceed to cook them by any of the following recipes. Pepper, salt, and broil them over a brisk fire; serve them with mashed or sautéed potatoes in the center of the dish. Season as above, and before broiling, dip them in oil or oiled butter. Serve with soubise sauce.

SOUBISE SAUCE. Peal and blanch four onions, cool in water, drain, put them in a stew-pan with enough water or white stock to cover; add some cayenne, bay-leaf, a little mace, a small piece of ham or bacon; keep the lid closely shut and simmer gently until tender; take them out, drain them thoroughly, press through a sieve or tammy-cloth, add one-half pint of béchamel sauce made thus: Put in a stew-pan a little parsley, one clove, a small piece of bay-leaf, sweet herbs, and one pint of white stock freed from fat; when boiled long enough to extract the flavor of the herbs, etc., strain it, boil up quickly till reduced to half the quantity; mix a tablespoonful of arrowroot with one-half pint of milk or cream, pour on the reduced stock and simmer for ten minutes.

MUTTON PUDDING. Two pounds of the chump end of the loin, weighed after being boned; suet crust (proportions — six ounces of suet to each pound of flour), one tablespoonful of minced onion, pepper, and salt. Cut the meat into thin slices, sprinkling with pepper and salt. For the suet crust, use the above proportions of flour and suet, mixing with a little salt and pepper, milk or water, to the proper consistency. Line your dish with the crust, lay in the meat, nearly fill the dish with water; add the minced onion and cover with the crust.

COLD LAMB. For a dainty dish of cold meat, boil a leg of lamb in water enough to cover, to which add a handful of cloves and whole allspice and a stick or two of cinnamon. Let it stand in the water in which it was boiled to become cold; Slice very thin. Beef can be cooked in the same style.

STEWED LAMB. A breast of lamb, one tablespoonful of salt, one quart of canned peas, one tablespoonful of wheat flour, three tablespoonfuls of butter, pepper to taste. Cut the scrag, or breast of lamb, in pieces, and put in a stew-pan with water enough to cover it. Cover the stew-pan closely and let it simmer or stew for fifteen or twenty minutes; take off the scum, then add a tablespoonful of salt, and a quart of canned peas; cover the stew-pan and

let them stew for half an hour; work a small tablespoonful of wheat flour with three tablespoonfuls of butter, and stir it into the stew; add pepper to taste; let it simmer together for ten minutes.

BONED LEG OF MUTTON STUFFED. A leg weighing seven or eight pounds, two shallots, forcemeat. Make forcemeat, to which add the minced shallots. Get the butcher to take the bone from the mutton, as he can do it without spoiling the skin; if very fat, cut off some of it. Fill up the hole with the forcemeat, then sew it up to prevent it falling out, tie up neatly, and roast about two and one-half hours or a little longer. When ready to serve, remove the string, and serve with a good gravy.

LAMB CHOPS. A little butter, a little water, enough potatoes to fill a small dish, one teacupful of cream. Lamb chops are excellent cooked this way. Put them in a frying-pan with a very little water, so little that it will boil away by the time the meat is tender; then put in lumps of butter with the meat and let it brown slowly; there will be a brown, crisp surface, with a fine flavor. Serve for breakfast with potatoes cooked thus: Choose the small ones and let them boil till they are tender; drain off the water, and pour over them, while still in the kettle, at least one teacupful of cream; mash them smoothly in this.

SHOULDER OF MUTTON BOILED WITH OYSTERS. A little pepper, a piece of mace, about two dozen oysters, a little water, an onion, a few peppercorns, about one-half pint of good gravy, a tablespoonful of flour and butter. Hang it some days, then salt it well for two days; bone it, and sprinkle it with pepper and a piece of mace pounded; lay some oysters over it, and roll the meat up tight and tie it. Stew it in a small quantity of water, with an onion and a few peppercorns, till quite tender. Have ready a little good gravy, and some oysters stewed in it; thicken this with flour and butter, and pour over the mutton, when the tape is taken off. The stew-pan should be kept covered.

IRISH STEW Two pounds thick mutton cutlets, four pounds potatoes, one onion, pepper and salt, one-half pint of water.

MUTTON. Prepare the potatoes as for boiling, cut them in halves. Slice the onion very thinly. Place a layer of potatoes at the bottom of the stew-pan, then a layer of cutlets, and a sprinkling of onion, pepper and salt; then another layer of potatoes and so on until all is used up. Pour in the water, cover the pan closely, and simmer gently for two hours.

SWEET Half boil them, and stew them in a white gravy; add
BREADS. cream, flour, butter, nutmeg, salt, and white pepper.

(Or do them in brown sauce seasoned. Or parboil them, and then cover them with crumbs, herbs, and seasoning, and brown them in a Dutch oven. Serve with butter and mushroom catsup or gravy. N. B.—If there is no oven at hand, they may be toasted before the fire upon a toasting-fork.

KIDNEYS Plunge some mutton kidneys in boiling water; open
A LA them down the center, but do not separate them; peel
CROCHETTE. and pass a skewer across them to keep them open, pepper, salt, and dip them into melted butter, broil them over a clear fire on both sides, doing the cut side first; remove the skewers, have ready some maître d'hôtel butter; viz., butter beaten up with chopped parsley, salt, pepper, and a little lemon-juice. Put a small piece in the hollow of each kidney, and serve very hot.

SWEET A couple of sweet breads, a few strips of bacon, onions,
BREADS carrots, sweet herbs, pepper, salt, spice to taste, a
LARDED. small quantity of rich stock. Trim a couple of sweet breads, soak them half an hour in tepid water, then parboil them for a few minutes, and then lay them in cold water; when quite cold take them out, dry them, and lard them quickly with fine strips of bacon. Put a slice of fat bacon in a stew-pan with some onions, carrots, a bunch of sweet herbs, pepper, salt, and spices to taste, and a small quantity of rich stock; lay the sweet breads on this,

and let them gently stew till quite done, basting the top occasionally with the liquor. When cooked, strain the liquor, skim off superfluous fat, reduce it almost to a glaze, brown the larded side of the sweet breads with a salamander, and serve with sauce over them.

FRIED SWEET BREADS. After they are parboiled and cold, split in halves and cut into pieces as large as very large oysters, wipe dry and dip in beaten egg, then in fine cracker crumbs; fry in hot lard or butter same as oysters; sprinkle with salt before dipping in egg. Serve hot; garnish with parsley.

STEWED KIDNEYS. Four kidneys, one half a small onion, one ounce butter, three teaspoonfuls of flour, pepper and salt to taste. Cut the kidneys in small pieces, and roll them in flour; chop the onion small, and fry with the pieces of kidney in the butter until brown. Then add the pepper, salt, and enough cold water to cover them, and stew very gently for an hour. Thicken with the flour a few minutes before done, and serve very hot.

CURRY OF MUTTON. Mutton, one onion, butter the size of an egg, curry-powder, a little salt, a cup of cream. Slice a medium-sized onion, and put it with a large lump of butter in a saucepan; let it cook slowly for five minutes. Cut the mutton in neat pieces; sprinkle curry-powder over them, also a little salt, and just before putting in the saucepan pour a part of a cup of sweet cream over them. Let this all simmer gently for half an hour, so that the ingredients will become thoroughly mixed.

LEG OF MUTTON, STEAMED. Wash and put the leg in a steamer, and cook it until tender, then place in a roasting pan, salt and dredge well with flour and set in a hot oven until nicely browned; the water that remains in the bottom of the steamer may be used for soup. Serve with currant jelly.

PRESSED LAMB. Put the meat to boil in the morning with water just enough to cover it; when tender, season with salt and pepper, then keep it over the fire until very tender and the juice nearly boiled out. Place in a wooden chopping-bowl, season more if necessary, chop it up like hash. Place it in a bread pan, press out all the juice, and put it in a cool place to harden. Cut up cold into thin slices, and use the broth left from the meat to make a nice soup, adding vegetables and spices.

SCRAMBLED MUTTON. Two cups of chopped cold mutton, two tablespoonfuls of hot water, and a tablespoonful of butter. When the meat is hot, break in three eggs, and constantly stir until the eggs begin to stiffen. Season with pepper and salt.



PORK in every form is indigestible and unwholesome. It should never be eaten by children, or people with weak digestion. It should not be eaten by any one except in cold weather. Salt pork, bacon, and ham are less objectionable than fresh pork. Pork requires more thorough cooking than most meats ; if the least underdone, it is unwholesome. Fresh pork is in season from October to April. It should be young and firm, the fat white, the lean a pale red, and the skin white and clear.

PORK PIE. One-fourth pound of lard, one pound of pork (leg or loin), seasoning, one pound of flour and an egg, one-half glass of cold water. Put the lard and water into rather a large saucepan; place upon the fire and allow to boil (take care it does not boil over, or it will catch fire). Cut the pork into pieces about an inch square; when the lard and water are quite boiling, pour into the middle of the flour and mix with a spoon. When the paste is cool enough, knead it well; it must be rather stiff; cut off a quarter of the paste, and the remainder mold into the shape of a basin, pressing it inside; shape it evenly all round, it should be about one-third inch in thickness; dip the pieces of pork in cold water, seasoning well with pepper and salt, then place in the mold of paste as closely as possible. If liked, a little chopped sage can be sprinkled over the pork ; then take the rest of the paste, roll it, and cut to the size of the top of the mold, taking care to have it the same size as the inside ; break an egg and divide the yolk from the white ; with a paste-brush dip into the white of the

egg and brush the edge of the paste ; then place this on the top of the pie, pressing the edges well. Any trimmings of paste that are left, cut into little leaves, dip into the white of egg, and stick them on top of the pie ; then wet the pie all over with the yolk of the egg and bake for about two hours.

**HASHED
PORK.**

Some remnants of cold roast pork, pepper and salt to taste, two onions, two blades of mace, one teaspoonful of flour, one teaspoonful of vinegar, two cloves, one-half pint of gravy. Take the onions, chop and fry them a nice brown ; then take the pork and cut it into thin slices, seasoning with pepper and salt to taste, and add these to the rest of the above ingredients ; stew it for about half an hour gently, and serve with sippets of toasted bread.

**PORK
CHEESE.**

About two pounds of cold roast pork, a dessert-spoonful of chopped-up parsley, five sage leaves, pepper and salt, a bunch of savory herbs, two blades of mace, a little nutmeg, one-half teaspoonful of minced lemon peel, sufficient gravy to fill the mold. Cut the pork into pieces, but do not chop ; there should be about one fourth of fat to one pound lean ; sprinkle with pepper and salt, pound the spices thoroughly and mince as fine as possible the parsley, sage, lemon peel, and herbs ; then mix all this nicely together. Place in mold and fill with gravy. Bake a little over an hour. When perfectly cold, turn out.

**SUCKING
PIG ROAST.**

Pig, three ounces of bread-crumbs, eighteen sage leaves, pepper and salt, tablespoonful of butter, salad oil to baste with, tablespoonful of lemon-juice, one-half pint of gravy. Stuff the pig with finely grated bread-crumbs, minced sage, pepper and salt, and a tablespoonful of butter. Take care these are well blended. After stuffing the pig, sew up the slit neatly, truss the legs back, to allow the inside to be roasted, put in oven, and as soon as it is dry have ready some butter tied in a piece of thin cloth, and rub the pig with this in every part. Continue this operation sev-

eral times while roasting ; do not allow the pig to burn in any part. Then take one-half pint of gravy, one tablespoonful of lemon-juice, and the gravy that flowed from the pig ; pour a little of this over the pig, and the remainder send to the table in a tureen. Instead of butter for basting, many cooks use salad oil, as this makes the crackling crisp. Before dishing, cut off the head and part the body down the middle, and lay on the dish back to back. Take care that it is sent to table very hot, and serve with apple sauce. It will take about two hours for a small pig to roast.

TO BOIL A HAM. Let it soak in cold water for twenty-four hours before putting it on the fire, cover it with cold water and boil slowly. When it can be easily probed with a skewer, lift it out and take off the skin, boiling it again for one hour. Leave it in the water it is boiled in till quite cold, when grate burnt bread over it and trim with frills of cut paper.

ROAST SPARERIB. Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with dressing, sew up tightly, place in a dripping-pan with a pint of water, baste frequently, turning over once so as to bake both sides equally until a rich brown

BREAKFAST BACON. Cut off the rind and smoked part ; slice very thin ; cook in a frying-pan till the fat is tried out and the bacon is dry and crisp, or fry in deep fat. Drain on paper, and serve alone or with beefsteak.

GRILLED SALT PORK. Use thin slices of the thick part of side pork, of a clear white, and thinly streaked with lean ; hold one on a toasting-fork before a brisk fire to grill ; have at hand a dish of cold water, in which immerse it frequently while cooking, to remove the superfluous fat and render it more delicate. Put each slice as cooked in a warm covered pan ; when all are done, serve hot.

SOUSED Clean the feet, and soak them in cold water two or three
PIG'S FEET. hours, then wash and scrub well. Split the feet and
 crack in two or three places. Put them into a stew-
pan and just cover them with cold water; place over a moderate fire
and simmer until tender. Boil together for one minute a half pint of
good cider vinegar, one dozen whole cloves, and two bay-leaves.
Season the feet with salt and pepper, pour into an earthen basin, and
add the spiced vinegar while hot; then stand in a cold place. It will
be ready for use the following day.



SWEET BREADS



SWEET BREADS are found in calves and lambs, but the former are by far the better. They spoil quickly, and should be put in cold water as soon as brought from the market, and allowed to stand one hour. Then drain, and put into salted boiling water, and allow to cook slowly about twenty minutes; drain again, and place in cold water, and they will be white and firm. Sweet breads should always be parboiled in this manner for subsequent cooking.

SWEET BREADS.

Half boil them, and stew them in a white gravy; add cream, flour, butter, nutmeg, salt, and white pepper. Or do them in brown sauce seasoned. Or parboil them, and then cover them with crumbs, herbs, and seasoning, and brown them in a Dutch oven. Serve with butter and mushroom catsup or gravy. N. B.—If there is no oven at hand, they may be toasted before the fire upon a toasting-fork.

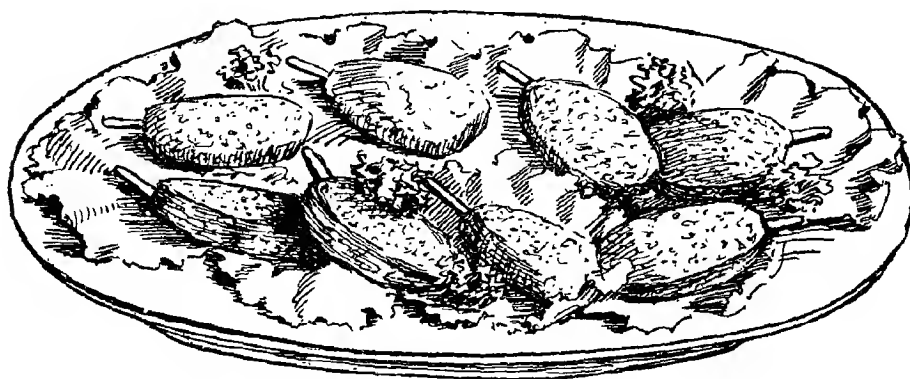
SWEET BREADS LARDED.

A couple of sweet breads, a few strips of bacon, onions, carrots, sweet herbs, pepper, salt, spice to taste, a small quantity of rich stock. Trim a couple of sweet breads, soak them half an hour in tepid water, then parboil them for a few minutes, and lay them in cold water; when quite cold, take them out, dry them, and lard them quickly with fine strips of bacon. Put a slice of fat bacon in a stew-pan with some onions, carrots, a

bunch of sweet herbs, pepper, salt, and spices to taste, and a small quantity of rich stock; lay the sweet breads on this, and let them gently stew till quite done, basting the top occasionally with the liquor. When cooked, strain the liquor, skim off superfluous fat, reduce it almost to a glaze, brown the larded side of the sweet breads with a salamander, and serve with sauce over them.

**FRIED
SWEET
BREADS.**

After they are parboiled and cold, split in halves and cut into pieces as large as very large oysters, wipe dry, and dip in beaten egg, then in fine cracker-crumbs; fry in hot lard or butter same as oysters; sprinkle with salt before dipping in egg. Serve hot; garnish with parsley.



SWEET BREADS READY TO SERVE.

**BAKED
SWEET
BREADS
AND PEAS.**

Use two pairs of sweet breads, one tablespoonful of butter, one-half pint of milk, larding-pork, one tablespoonful of flour, one can of French peas, salt and pepper to taste. Trim the fat from the sweet breads and parboil fifteen minutes, lard with five lardoons each, put them in a small baking-pan, dredge them with salt, pepper, and flour, cover the bottom of the pan with water, and bake in a moderate oven for three quarters of an hour. Baste every ten minutes. When they are nearly done, put the butter in a frying-pan, add to it the flour, and mix until smooth; add the milk, stir until it boils, then add the peas drained free from all liquor. Stir again until they boil.

SWEET BREAD Use one pair of sweet breads, one-fourth teaspoonful of **CROQUETTES.** nutmeg, one tablespoonful of butter, one gill of cream, five drops of onion juice, one-fourth teaspoonful of white pepper, two tablespoonfuls of flour, one tablespoonful of chopped parsley. Trim and parboil the sweet breads, chop them fine with a silver knife. Put the cream on to boil. Rub the butter and flour together, and stir into the cream when boiling; stir and cook until very thick. Take from the fire, add the sweet breads and seasoning, salt to taste, and, if you like, two tablespoonfuls of chopped mushrooms; mix well, and turn out to cool. They should stand at least four hours in a cold place to form nicely. When cold, form into croquettes, dip in bread-crumbs, and fry in boiling fat. Put a quilling of white paper in the small end of each cutlet, and serve with cream sauce.



THE appearance and preparation of sauces are of the highest importance. Brown sauces should not be as thick as white ones, and should possess a decided character, so that, whether sweet or sharp, palin or savory, they would bear out their names. Care is also to be taken that they blend and harmonize with the various dishes they are to accompany.

Gravy may be made quite as good of the skirts of beef, and the kidney, as of any other meat, prepared in the same way. An ox-kidney or milt makes good gravy, cut all to pieces, and prepared as other meat; and so will the shank end of mutton that has been dressed, if much is not wanted. The shank-bones of mutton are a great improvement to the richness of gravy; but first soak them well, and scour them clean.

**WHITE
SAUCE.**

One pint milk, two or three mushrooms, one onion, one carrot, one bundle sweet herbs, whole pepper, and salt to taste, a few cloves, a little mace, one ounce butter, and one gill cream. Put into one pint milk two or three mushrooms, one onion, and a carrot cut into pieces, one bundle of sweet herbs, whole pepper, and salt to taste, a few cloves, and a little mace; let the whole gently simmer for about an hour; put one ounce of butter into a saucepan, and stir on the fire until it thickens. Finish by stirring in one gill cream.

HORSERADISH SAUCE. Two ounces horseradish, six tablespoonfuls milk or cream, three dessert-spoonfuls vinegar, one teaspoonful sugar, one-half dozen peppers. Grate the horseradish, mix it with salt, sugar, and pepper. Add the cream or milk very gradually, and heat the whole over the fire, stirring well all the time. If allowed to boil, it will spoil. Serve with hot roast beef.

SAUCE FOR WILD FOWL. Half pint gravy, one small onion, three or four leaves of basil, a piece of the thin rind of a lemon, one dessert-spoonful lemon-juice. Boil the gravy, onion, and basil together for a few minutes, strain, and add the lemon-juice. Seville orange-juice may be used instead of lemon

BEEF GRAVY FOR POULTRY OR GAME. One-half pound lean beef, one-half pint cold water, one small onion, a salt-spoonful of salt, a little pepper, a tablespoonful of mushroom catsup or sauce, one-half teaspoonful of arrowroot. Cut the beef into small pieces, and put it and the water into the stew-pan. Add the onion and seasoning, and simmer gently for three hours. A short time before it is required, mix the arrowroot with a little cold water, pour into the gravy while stirring, add the mushroom catsup and allow it just to come to a boil. Strain into a tureen and serve very hot.

GRAVY FOR HASHES. Remnants and bones of the joint intended for hashing, a pinch of salt and pepper, one-fourth teaspoonful of whole allspice, a bunch of savory herbs, a salt-spoonful of celery salt, or one half a head of celery, an onion, a small piece of butter, a little corn flour, and boiling water. Put the bones (having previously chopped them), with the remnants of the meat, salt, pepper, spice, herbs, and celery, into a stew-pan. Cover with boiling water and allow it to simmer for two hours. Cut up the onion in neat slices and fry in butter to a pale brown. Then mix slowly with the gravy from bones. Boil fifteen minutes, strain, then return to stew-pan;

flavor with catsup or any flavoring that may be preferred. Thicken with butter and flour, and just allow it to come to the boil. Serve very hot.

SAVORY GRAVY THICK. One onion, butter, a tablespoonful of flour, one-half pint of broth or stock, pepper and salt, a small quantity of Worcester sauce. Mince one onion fine, fry it in butter to a dark brown, and stir in a tablespoonful of flour. After one minute, add one-half pint of broth or stock, pepper and salt, and a very small quantity of Worcester sauce.

GRAVY FOR GENERAL USE. One pound of lean beef cut in small pieces and floured, put into a saucepan with twelve cloves, twenty-four peppercorns, six blades of mace, some nutmeg, pepper, salt, and one and one-half pints of water. Simmer gently for two hours, stirring frequently. Strain before using. Add a little of the browning for soups and gravies.

PLAIN GRAVY. An onion, a little butter, three-fourths pint of stock, pepper and salt, a small piece of lean ham or bacon; a dessert-spoonful of Worcester sauce, a sprig of parsley, and thyme. Mince an onion fine, fry it in butter to a dark-brown color, then add three fourths of a pint of stock, pepper and salt to taste, a small piece of lean ham or bacon minced small, a little Worcester sauce, a sprig of thyme and one of parsley. Let it boil five or ten minutes, put it by till wanted, and strain it before serving.

GRAVY FOR FOWLS, ETC. Boil the neck and feet of the fowl in one-half pint of water with any slight seasonings of spices or herbs, or salt and pepper only; stew very slowly for one hour. Just before serving, take the gravy from the dripping-pan, drain off the fat, and strain the liquor from the neck to it; pass the gravy again through a strainer, add salt and pepper, heat it, and serve

- GRAVY FOR FOWL WITHOUT MEAT.** The feet, liver, gizzard, and neck of the fowl, a little browned bread, a slice of onions, a sprig of parsley, and thyme, some pepper and salt, one teaspoonful of mushroom catsup, a little flour and butter. Wash the feet nicely, and cut them and the neck small; simmer them with a little bread browned, a slice of onion, a sprig of parsley and thyme, some pepper and salt, and the liver and gizzard, in one-fourth pint of water, till half wasted. Take out the liver, bruise it, and strain the liquor to it. Then thicken it with flour and butter, and add one teaspoonful of mushroom catsup.
- VEAL GRAVY.** Bones, any cold remnants of veal, one and one-half pints water, one onion, one salt-spoonful minced lemon peel, a little salt, a blade of mace, a few drops of the juice of the lemon, butter, and flour. Place all the ingredients (excepting the lemon-juice and flour) into a stew-pan, and allow them to simmer for one hour. Strain into a basin. Add a thickening of butter and flour mixed with a little water, also the lemon-juice. Give one boil and serve very hot. Flavor with tomato sauce or catsup.
- GRAVY FOR GOOSE OR DUCK.** Prepare in same way as for general use, with the addition of an onion and some sage.
- STANDARD SAUCE FOR FISH.** Maître d'hôtel butter is prepared by mixing together, cold, one tablespoonful each of butter and finely chopped parsley; add one teaspoonful of lemon-juice and a little pepper and salt. Work well together, and when ready to serve the fish, spread it generously with the butter and set the dish in the mouth of the oven for a minute or two. The parsley must be as fine as powder.
- EGG SAUCE FOR PUD-DINGS.** Beat yolk of one egg with a little sugar and cream, stir till it boils, when add a few drops of flavoring to taste.

EGG SAUCE FOR FISH. Boil two eggs for ten minutes, and then lay them in cold water for five minutes. Remove the shells, and mince them very fine. Beat one-fourth pound butter, mix eggs and butter well together, make them hot, and serve with salt fish.

LIVER SAUCE. Livers of any kind of poultry, butter, flour, minced shallots, gravy stock, a small pinch of sweet herbs, pepper, spices, and salt, and juice of one-half lemon. Scald the livers of the poultry, rabbits, or hares, and mince them fine. Melt a piece of butter in a saucepan, add a little flour to it and a small quantity of minced shallots. Let the whole fry for a minute or two, then add gravy stock in sufficient quantity to make a sauce, and a small pinch of powdered sweet herbs, and pepper, spices, and salt to taste. Put in the minced livers and let the sauce boil twenty minutes, and at the time of serving add a small piece of fresh butter and the juice of one-half lemon.

FENNEL SAUCE. Fennel, three ounces butter, flour, pepper, and salt, yolks of two eggs, juice of one lemon. Blanch a small quantity in boiling salted water, take it out, dry it in a cloth, and chop it fine; melt three ounces fresh butter, add rather more than a tablespoonful of flour, mix well, and put in pepper and salt to taste, and about a pint of hot water; stir on the fire till the sauce thickens, then stir in the yolks of two eggs, beaten up with the juice of a lemon and strained. Add plenty of chopped fennel, and serve.

SHRIMP SAUCE. Half pint shrimps, juice of one-half lemon, butter, a dust of cayenne. Take one-half pint shrimps, pick out all the meat from the tails, pound the rest in a mortar with the juice of one-half lemon and a piece of butter; pass the whole through a sieve. Take one pint melted butter, put the meat from the tails into it, add a dust of cayenne, and when the sauce boils, stir into it the shrimp butter that has come through the sieve, with or without

MOCK CREAM SAUCE. Pour one-half pint boiling milk on one teaspoonful arrowroot, previously mixed in a small quantity of cold milk. Stir the mixture well, and, when moderately warm, add the white of one egg well beaten. Place the whole over the fire, and stir it till it nearly boils.

FRUIT SAUCE. Half pint sugar, cinnamon, bay-leaf, cloves, and any kind of fruit. Put one-half pound sugar and one-half pint water over the fire to boil, skim and boil five minutes, add to this a piece of stick cinnamon about two inches long, one bay-leaf and four cloves; at the end of five minutes add one-half pint any kind of mashed fruit; for instance, apricots, stewed apples; in fact, any fruit that will go nicely with the pudding with which you expect to serve the sauce. Strain the whole through a sieve, flavor, and it is ready to serve.

**CAULI-
FLOWER
SAUCE.** Two small cauliflowers, one and one-half ounces butter, one tablespoonful flower, pepper and salt, yolks of two eggs, juice of a lemon. Boil two small cauliflowers; when done, pick them out into sprigs and arrange them, heads downward, in a pudding basin, which must have been made quite hot; press them in gently, then turn them out dexterously on a dish, and pour over them the following sauce, boiling hot: Melt one and one-half ounces butter in a saucepan, mix with it a tablespoonful of flour, and then add one-half pint of boiling water; stir till it thickens; add salt and white pepper to taste; then take the saucepan off the fire, and stir in the yolks of two eggs, beaten up with the juice of a lemon and strained.

**DUTCH
SAUCE.** Three tablespoonfuls vinegar, one pound butter, yolks of two eggs, pepper, and salt. Put three tablespoonfuls vinegar in a saucepan, and reduce it on the fire to a third; add one-fourth pound butter and the yolks of two eggs. Place the saucepan on a slow fire, stir the contents continuously, and as fast as the butter melts add more, until one pound is used. If the sauce

becomes too thick at any time during the process, add a tablespoonful of cold water and continue stirring. Then put in pepper and salt to taste, and take great care not to let the sauce boil. When it is made, — that is, when all the butter is used and the sauce is of the proper thickness, — put the saucepan containing it into another filled with warm (not boiling) water until the time of serving.

**SWEET
SAUCE.**

One tablespoonful flour, sugar, or molasses, one ounce butter, one tablespoonful lemon-juice. Mix a tablespoonful of flour quite smooth in four tablespoonfuls of water, then stir into it one-half pint of boiling water, sugar or molasses to taste; stir over the fire until the sauce boils, when, if allowed, an ounce of butter may be added, with a tablespoonful of lemon-juice. When sweetened with sugar, a little nutmeg or ground cinnamon may be used instead of lemon-juice, if preferred. A tablespoonful of raspberry jam or any fruit syrup may be used to flavor the sauce, and is generally much liked.

**MAYONNAISE
DRESSING.**

Yolks of two hard-boiled eggs, mustard, vinegar, olive-oil or butter. Take the yolks of two hard-boiled eggs and mash smooth with one-half teaspoonful mustard and two tablespoonfuls olive-oil; then add slowly one-half teacup vinegar; if olive-oil is not liked, melted butter may be used instead.

**A CHEAP
BROWN
SAUCE.**

One pint brown stock, one and one-half ounces of flour, two ounces butter, four mushrooms, salt, and pepper. Put the butter into a stew-pan, and put it on the fire to melt; wash the mushrooms in cold water, cut off the stalks, and peel them; when the butter is melted, stir in the flour and mix to a smooth paste; then add the stock and mushrooms, and stir the sauce smoothly until it boils and thickens; then remove the stew-pan to the back of the stove and let it simmer gently for eight or ten minutes; season with pepper and salt; be careful to skim off the butter as it rises to the top of the sauce. Should the sauce be not brown enough, a teaspoonful of caramel might be stirred into it; strain and serve.

POOR MAN'S SAUCE. A good-sized onion, butter, one-half pint common stock or water, vinegar, parsley, pepper and salt, flour.

Mince a good-sized onion, not too fine; put it into a saucepan with a piece of butter equal to it in bulk. Fry till the onion assumes a light-brown color, add one-half pint common stock or water and a small quantity of vinegar, pepper and salt to taste, and some minced parsley; then stir the sauce into another saucepan, in which a tablespoonful of flour and a small piece of butter have been mixed over the fire. Let the sauce boil up, and it is ready.

ONION SAUCE BROWN. Two ounces butter, rather more than one-half pint of rich gravy, six large onions, pepper, and salt. Put into your stew-pan the onions, sliced, fry them of a light-brown color with two ounces of butter; keep them stirred well to prevent them turning black; as soon as they are of a nice color, pour over the gravy, and simmer gently until tender; skim off all fat, add seasoning, and rub the whole through a sieve; then put in a saucepan, and when it boils, serve.

OYSTER SAUCE. Oysters, butter, flour, milk, blade of mace, bay-leaf, pepper, salt, cayenne, and a few drops of lemon juice. Parboil the oysters in their own liquor, beard them, and reserve all the liquor. Melt a piece of butter in a saucepan, add a little flour, the oyster liquor, and enough milk to make as much sauce as is wanted. Put in a blade of mace and a bay-leaf tied together, pepper and salt to taste, and the least bit of cayenne. Let the sauce boil, add the oysters, and as soon as they are quite hot, remove the mace and bay-leaf, stir in a few drops of lemon-juice, and serve.

TOMATO SAUCE. Ten pounds ripe tomatoes, one pint best brown vinegar, two ounces salt, one-half ounce cloves, one ounce all-spice, one-half pound white sugar, one ounce garlic, one-half ounce black pepper, one-half ounce cayenne pepper. Wipe the tomatoes clean, and boil or bake till soft; then strain and rub through a sieve that will retain the seeds and skins. Boil the juice for an hour,

then add the foregoing ingredients (all the spices must be ground). Boil all together for a sufficient time, which may be known by the absence of any watery particle, and by the whole becoming a smooth mass; five hours will generally suffice. Bottle, without straining, into perfectly dry bottles, and cork securely when cold. The garlic must be peeled. The proportions of spice may be varied according to taste.

CHESTNUT SAUCE. Remove the outer shell from some fine chestnuts, scald them in boiling water, and remove the inner skin. Stew them in good white stock till quite tender, drain, and while hot press them through a sieve. Put the pulp into a saucepan, add a small piece of butter, a little sugar, pepper, and salt. Stir over the fire till quite hot, but do not let it boil, and serve.

CHILE SAUCE. One bushel ripe tomatoes, two dozen large onions; chop very fine and boil one hour; then add one pint salt, two and one-half quarts vinegar, five red peppers chopped fine, two tablespoonfuls each of ground ginger and cinnamon, and one each of cloves and nutmeg. Boil steadily for about two hours; bottle and seal tightly.

MUSHROOM SAUCE. Remove the stalks and gritty part from one-half pint of mushrooms, wash, drain, and put them into one-half pint of well-flavored gravy, simmer them till quite tender, drain them, and keep them hot. Melt one ounce butter in a saucepan, add to it one ounce flour, stir over the fire till brown; pour in the gravy, stirring till it boils. Arrange the mushrooms in the center of the dish, the cutlets round them, and pour the sauce over.

WORCESTER SAUCE. Two tablespoonfuls Indian soy, two of walnut catsup, one dessert-spoonful of salt, one teaspoonful cayenne pepper, one nutmeg (sliced thin), one dozen cloves, one-half ounce cloves, one-half ounce root ginger pounded, a little lemon peel, a small head of garlic divided into cloves, one pint vinegar,

three ounces lump sugar. Dissolve the sugar in a little of the vinegar over the fire, add the other ingredients; put all into a wide-necked bottle. It should stand for a month before using, and is better if shaken every day. At the end of the month, pour off clear into bottles.

BREAD SAUCE FOR POULTRY OR GAME. Giblets, three-fourths pound stale bread, one onion, ten whole peppers, one blade mace, salt, two tablespoonfuls cream. Put the giblets into one pint of water, add the onion, pepper, mace, salt. Allow it to simmer for one hour, then strain the liquor over the bread-crumbs. Cover the stew-pan and let it stand on the stove for one hour (do not allow it to boil), then beat the sauce up with a fork until it is nice and smooth. Allow it to boil five minutes, stirring well until it is thick, then add cream and serve hot.

CAPER SAUCE. Two ounces butter, one tablespoonful flour, one pint stock, pepper and salt, Worcester sauce, capers. Put two ounces butter and one tablespoonful flour into a saucepan; stir the mixture on the fire until it acquires a brown color; add rather less than one pint boiling stock, free from fat; season with pepper, salt, and a little Worcester sauce. When the sauce boils, throw in plenty of capers; let it boil once more, and it is ready.

SAUCE HOLLANDAISE. Take a scant one-half cup good butter. Beat the butter to a cream and add the yolks of three eggs, beating them into the butter with the juice of one-half lemon. Add one sliced onion, six peppercorns, and one bay-leaf. Set the bowl containing the sauce in a basin of boiling water and stir it continually for a few moments. Then add a little boiling stock with a little grated nutmeg and one teaspoonful of salt. Continue stirring it for about five minutes longer, when it should be of the consistency of a custard and perfectly smooth. Strain it through a sieve, add one teaspoonful butter, and serve.

MINT SAUCE. Chop fine one bunch fresh mint, mix with one tablespoonful sugar, a pinch of salt, and pepper, rub well together, and add one-half cup vinegar, with a squeeze of lemon-juice.

SAUCE FOR FISH-BALLS. Use two tablespoonfuls of dry mustard, one teaspoonful of salt, one teaspoonful of sugar, one teaspoonful of flour, the same of soft butter, and four teaspoonfuls of vinegar. Mix the ingredients in a saucepan, add one-half cupful of boiling water, and stir over the fire until it becomes thick and smooth. Serve cold.



ABOUT one third of the entire weight of an egg may be regarded as nitrogenous and nutritious matter,—a greater proportion than that of meat, which is rated at only from twenty-five to twenty-eight per cent. The lightest way of cooking eggs is by poaching. The yolk of (an egg alone is better for invalids, and will be frequently relished when the white would be rejected. When cream can not be procured for coffee, the yolk of a soft-boiled egg is a very good substitute. To prevent the juice of fruit pies from soaking into the bottom crust wash the crust over with beaten egg before putting in the fruit. When making frosting in warm weather, set the whites of the eggs on ice a short time before using. If the eggs you have to use for frosting are not quite as fresh as you could desire, a pinch of salt will make them beat stiffer. The white of an egg, an equal quantity of cold water and confectioners' sugar sufficient to make the required consistency, make a nice frosting which, as it requires no beating, is very easily made. When beaten eggs are to be mixed with hot milk, as in making gravies or custards, dip the hot milk into the beaten eggs a spoonful at a time, stirring well each time until the eggs are well thinned, then add both together. This will prevent the eggs from curdling.

The whites or yolks of eggs which are left after making cake, etc., will keep well for a day or two if set in a cool place—the yolks well beaten and the whites unbeaten. Whites or yolks of eggs may be used with whole eggs in any cake or other recipe calling for eggs, counting two yolks or two whites as one egg. When eggs are cheap and plentiful in summer, wash, before breaking, all those used in cooking, save

the shells, and when a quantity are dry, crush them fine; beat half a dozen eggs well and stir them into the shells. Spread them where they will dry quickly, and when thoroughly dry, put in a thin cotton bag and hang in a dry place. In the winter, when eggs are dear, a tablespoonful of this mixture put in a cup, a little cold water poured over it, and left to stand overnight, or for half an hour or so in the morning before breakfast, will answer every purpose of a whole egg in settling coffee.

Eggs are not fit for any purpose unless they are perfectly fresh. An easy method of ascertaining the freshness of an egg is to hold it toward the sun or toward a good light. If fresh, it will be perfectly clear; if it is clear on one side and cloudy on the other, it is stale. Another good test is to place the eggs in a pan filled with water; those that sink to the bottom are perfectly fresh; if they float at the top or stand on end in the water, they are unfit for use.

POACHED EGGS ON TOAST. If the eggs are not new-laid they will not poach well. Fill a shallow saucepan with water and salt, add a little vinegar, a few peppercorns, and some leaves of parsley. When the water is on the point of boiling (it should never be allowed to boil), break two or more eggs into it (according to the size of the pan); when done, take them out carefully, lay them on slices of hot buttered toast, and serve.

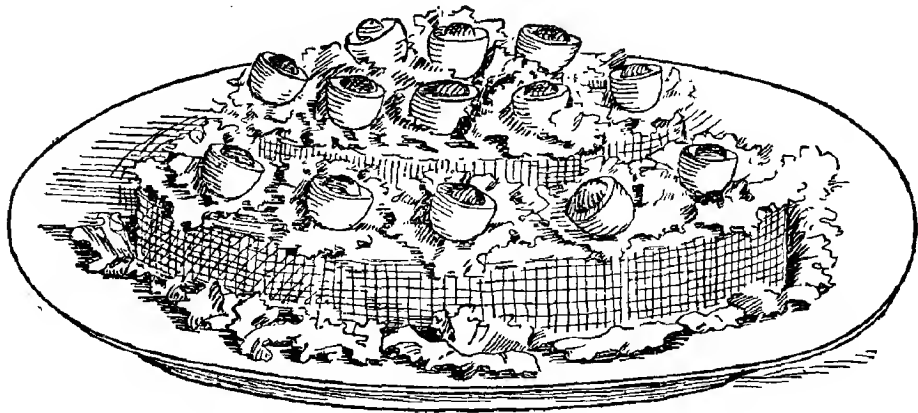
POACHED EGGS AND MINCED CHICKEN. Free some remnants of fowl from skin, etc., mince them with an equal quantity of ham or tongue, as well as a small quantity of truffles or mushrooms, all finely minced; toss the whole in a saucepan with a good-sized piece of butter mixed with a pinch of flour, add white pepper, salt, and powdered spices to taste, and moisten with a little white stock; lastly, stir in, off the fire, the yolk of one egg, beaten up with the juice of one-half lemon, and strained; serve within a border of bread sippets fried in butter, and dispose the poached eggs on the top.

**POACHED
EGGS ON
HAM TOAST.**

Make some buttered toast, cut in pieces of uniform shape, spread over them a small quantity of grated ham, put a poached egg on each piece of toast, and serve hot.

**STUFFED
EGGS.**

Cut some hard-boiled eggs in half, mince the yolks with a few olives and capers, some anchovies thoroughly washed, a few truffle trimmings, and a little tarragon, add some pepper, and fill each half egg with this mixture. Pour some liquefied butter over, and warm them in the oven. Then place each half-egg on a round sippet of bread fried in butter to a light yellow color, and serve.



STUFFED EGGS.

**BUTTERED
EGGS.**

Break four eggs into a basin, and beat them well; put two ounces butter and two tablespoonfuls cream into a saucepan; add a little grated tongue, pepper and salt to taste; when quite hot, add the eggs, stir till nearly set, then spread the mixture on pieces of buttered toast, and serve.

FRIED EGGS. Melt a piece of butter in a small frying-pan, break two eggs in it carefully so as not to break the yolks; when nearly set, slip them out on a hot dish, pour the butter over them, sprinkle with salt and pepper, and serve.

- FRIED EGGS WITH TOMATOES.** Melt a small piece of butter in a saucepan, put to it a small quantity of French tomato sauce, add pepper and salt to taste, and when quite hot, turn it out on a dish, disposing on it the eggs fried in butter.
- SCRAMBLED EGGS.** Beat up four eggs, with salt and pepper to taste; put one ounce butter into a saucepan; as soon as it is melted. put in the eggs, and keep constantly stirring with a spoon until they are nearly set, adding at the last a little finely minced parsley.
- SCRAMBLED EGGS WITH ASPARAGUS.** Parboil some asparagus points, cut the size of peas, in salted water, drain them, and toss them in a little butter till quite hot. Scramble some eggs as in the preceding recipe, and, when nearly set, add the asparagus points instead of the parsley.
- SCRAMBLED EGGS WITH TOMATOES.** Beat up four eggs with a tablespoonful of French tomato sauce, or one large tomato, peeled, freed from pips, and chopped small, and proceed as above.
- SCRAMBLED EGGS WITH FISH.** Pick out the meat of any remnants of fish, such as salmon, turbot, cod, haddock, or whiting, and with a silver fork break it up small; take two tablespoonfuls of this and four eggs; beat the whole together with a little pepper and salt to taste, and a little parsley finely minced; then proceed as in first recipe.
- SCRAMBLED EGGS ON TOAST.** Any of the foregoing may be served on slices of buttered toast, but if so served, they must be even less set, at the time of serving, than when served plain; or

SCRAMBLED EGGS WITH ONIONS. Chop coarsely two slices of Spanish onion; put them into a saucepan with plenty of butter, and when they are thoroughly cooked, without having taken any color, throw in four eggs beaten together with pepper and salt to taste; keep on stirring till the eggs are nearly set, and then serve.

SCRAMBLED EGGS WITH HAM. Beat up a tablespoonful of grated ham with four eggs, and pepper to taste; put them into a saucepan with a piece of butter, and stir till nearly set.

SCRAMBLED EGGS WITH CHEESE. Put four eggs and three tablespoonfuls of Parmesan cheese into a basin, with a sprinkling of pepper; beat all together, and proceed as in the first recipe, omitting the parsley.

FRIED SIPPETS. Cut out of a loaf slices from one-fourth to three-eighths inch thick, shape them into triangles or arrow-heads, all of a size; put some butter in a frying-pan, and when quite hot lay the sippets in it; turn them frequently, adding more butter as it is wanted, and taking care that they are all fried to the same golden color. A readier way, but producing not so nice a sippet, is to lay the pieces of bread in the frying-basket, and dip it in a saucepan full of boiling fat. They must afterward be laid in front of the fire to drain.

OMELET PLAIN. Beat up three or four eggs with one dessert-spoonful of parsley very finely minced, and pepper and salt to taste; put a piece of butter, the size of an egg, into a frying-pan; as soon as it is melted, pour in the omelet mixture, and, holding the handle of the pan with one hand, stir the omelet with the other by means of a spoon. The moment it begins to set, cease stirring, but keep on shaking the pan for a minute or so; then with the spoon double up the omelet, and keep shaking the pan until the under side of the omelet has become of a golden color. Turn it out on a hot dish, and serve.

OMELET. One-half cupful sweet milk, one of fine bread-crumbs, two eggs, whites and yolks beaten separately, one-half teaspoonful chopped sage or a whole one of parsley, pepper and salt to taste. Mix well, adding the white of egg last; melt a lump of butter in a large frying-pan, pour in your mixture, and, taking a silver knife, gently lift it away from the sides as the egg "sets." Then put in the oven until it browns on top, fold over, and serve on a hot plate.

OMELET. The following makes a delicious omelet for four persons: Break five eggs, putting the whites in one dish and the yolks in another. Beat the yolks to a froth, then add a salt-spoonful of salt, a little pepper, a heaping tablespoonful of finely chopped parsley, and five tablespoonfuls of cream. Beat all together for a moment and then add the whites, previously beaten to a stiff froth. Mix gently together and pour immediately into a hot spider containing a level tablespoonful of melted butter. Cook rather slowly in order not to burn the bottom before the omelet is cooked through, and when nicely browned, fold half over. Place on a warm platter, and serve immediately.

SAVORY
OMELET. Beat up three or four eggs with one-half shallot very finely minced, some parsley similarly treated, and a very small pinch of powdered sweet herbs; add pepper and salt to taste; then proceed as above.

CHEESE
OMELET. Beat up three eggs with one or two tablespoonfuls grated Parmesan cheese. Cook as above, and serve with some more grated cheese strewn over the omelet.

TOMATO
OMELET. Equal parts of sliced onions and tomatoes, peeled and freed from pips; chop them both coarsely. Fry the onions in butter. When cooked, without being colored, add the tomatoes, with pepper and salt, and keep stirring the mixture on the fire till it forms a sort of purée. Make a plain omelet, and insert this in the fold on dishing it.

RUM
OMELET. Beat and sweeten with one ounce of sugar twelve eggs; season them with a pinch of salt and half a pinch of white pepper, beat them well until the whites and yolks are thoroughly mixed. Place in a frying-pan two tablespoonfuls of clarified butter; heat it well on the hot range, and when it crackles, pour in the eggs, and with a fork stir all well for two minutes, then let rest for half a minute. Fold up with the fork—the side nearest the handle first—to the center of the omelet, then the opposite side, so that both sides will meet right in the center; turn it on a dish, and dredge another ounce of sugar over, then glaze it with a hot shovel or salamander; throw around it a glassful of rum, and set the omelet on fire; serve it while burning. Kirsch omelet is prepared exactly the same way, substituting kirsh for rum.

MUSHROOM
OMELET. Parboil a small quantity of button mushrooms, slice them small, and stew them just long enough to cook them in a small quantity of either white or brown sauce; then use as in preceding recipe.

FISH
OMELET. Beat up three eggs with a quantity equal in bulk to one egg, of the remnants of any cold fish (salmon or turbot) finely shredded with a fork, a pinch of minced parsley, pepper and salt to taste.

BREAD
OMELET. Use four eggs, one-half cupful of milk, one-half cupful of stale bread-crumbs, one tablespoonful of butter, pepper, and salt. Soak the bread-crumbs fifteen minutes in milk, add the beaten yolks, and salt and pepper, and fold in whites. Cook as plain omelet. Serve as above.

EGGS
AU GRATIN. Knead well together in a bowl, one tablespoonful of bread-crumbs, two ounces of butter, three chopped anchovies, a pinch of parsley, three raw egg yolks, a good pinch of salt, half a pinch of white pepper, and a pinch of grated nutmeg. When ready, put these ingredients into a baking-dish with

one ounce of butter at the bottom. Place it on a slow fire for two minutes, then break over it six eggs; cook for five minutes in the hot oven, remove, lay the dish on top of another, and serve immediately.

FRIED EGGS Pour half a gill of sweet-oil into the frying-pan; when
FOR the oil is hot, break in one egg, carefully closing up
GARNISHING. the white part with a skimmer, so as to have it firm,
and in a single form. Only one at a time should be
cooked, and two minutes will be sufficient.



GREEN vegetables which are eaten raw and dressed with oil, acids, salt, and pepper, are classed as salads. Potatoes, string beans, beets, and many other vegetables which have been cooked, are eaten cold with salad dressing. Lobster, salmon, cooked fish, eggs, chicken, and the like are combined with lettuce, celery, and salad dressing to form this most appetizing and refreshing variety of food. Sliced bananas or oranges with lettuce and mayonnaise dressing are delicious. The former are, however, a trifle rich for any one whose digestion is only moderately reliable. A rich salad, like chicken, lobster, or salmon, is out of place at a company dinner. It is best served for suppers and lunches. The success of a salad (after the dressing is made) depends upon keeping the lettuce or celery crisp, and not adding meat or dressing to it until the time for serving. If you wish to preserve the crispness and flavor of green vegetables for salads, throw them in ice-water for an hour, then dry carefully on a soft towel, being careful not to bruise them, and then put in a cold place until wanted.

LETTUCE Take four or five heads of cabbage lettuce, remove all
SALAD (1). outside leaves and cut off the stalks close; then cut
 each head apart into four or five pieces, that is, cut
 through the stalk and then tear the rest. Put four tablespoonfuls
 olive-oil into the salad bowl, with two and one-half tablespoonfuls tar-
 ragon vinegar, pepper and salt according to taste, and beat the mix-

ture with a fork some minutes; then put in the lettuce and keep it turning over swiftly for five minutes, adding a small pinch of mint, chopped as fine as possible.

LETTUCE Wash two heads lettuce, dry them thoroughly and
SALAD (2). break the leaves or cut them into convenient pieces.

Put the yolks of two hard-boiled eggs into a basin with a teaspoonful of French mustard, pepper and salt to taste, and a tablespoonful of oil; work the mixture into a smooth paste, and add consecutively three tablespoonfuls of oil, one of tarragon, and one of plain vinegar; then a little chervil, garden cress, and tarragon finely chopped. Stir the mixture well and lastly add the lettuce; turn it or work it well. Garnish the top with hard-boiled eggs.

HERRING Heat through by turning on the stove three well-smoked
SALAD. herring, then tear off the heads and pull the skin away; split, take out the backbones, and cut up into small bits, or to shred them is better. Put in a salad bowl, add one small chopped onion, two hard-boiled chopped eggs, and one boiled potato; cut fine with a teaspoonful of chopped parsley; season with a teaspoonful of salt, one of pepper, three tablespoonfuls of vinegar, and two of oil. Mix well, and, if you have it, decorate with a boiled beet.

SARDINE Allow three sardines for each person; bone and fillet
SALAD. these, carefully removing all the skin, and set them aside until required. Boil two eggs for three minutes; shell them and break them up in your salad bowl with a spoon; mix with them a teaspoonful each French mustard and essence of anchovies, the strained oil from the tin of sardines with as much Lucca oil as will make three tablespoonfuls in all; add Chile, shallot, and good malt vinegar to taste (vinegar varies so much in acidity that it is difficult to specify the exact proportion). Cut up some nice crisp lettuce, and mix it well with the dressing, but only just before it is to be served. Put a little heap of mustard and cress in the center of the salad, with a whole red

capsicum upon it. Arrange the sardines round, and outside these a border of mustard and cress, dotted here and there with thin slices of red capsicums.

POTATO SALAD. Slice eight cold boiled potatoes; dispose between the slices, one silver-skinned onion cut quite fine; beat together three parts oil, and one part more or less, according to the strength of it, tarragon vinegar, with pepper and salt to taste. Pour this over the potatoes, and strew over all a small quantity of any of the following: Powdered sweet herbs, mint, parsley, chervil, tarragon, or capers, or a combination of them all, finely minced.

NUT AND CELERY SALAD. Take one cupful of walnuts and blanch them by covering with boiling water and allowing to boil ten minutes, then chilling them in ice-water, and drying them with a towel. Cut up into inch pieces sufficient white celery to make one pint, mix with the nuts, add one tablespoonful of orange rind minced very fine, and one tablespoonful of chopped parsley. Marinate with French dressing, and garnish with the blanched tips of celery.— *A. R.*

TOMATO SALAD. Peel some good-sized tomatoes, not overripe, cut them in slices, and remove the pips, lay them in a dish with oil and vinegar in the proportion of two to one, sprinkle pepper and salt over them according to taste, a few leaves of basil finely minced, and some onions very finely sliced. They should lie in the sauce for a couple of hours before serving.

COLD-SLAW. To one quart of cut cabbage, use one-half cupful of cream (either sweet or sour), two tablespoonfuls of vinegar, two eggs, one teaspoonful of salt, one tablespoonful of butter, and a little pepper; put the vinegar on to boil, add the beaten eggs to the cream and butter, and stir these into the boiling vinegar till the butter

is melted and the whole mass smooth and creamy; add the pepper and salt, and pour, while hot, over the cabbage; when cold, it is ready for use.

LOBSTER SALAD. Clean thoroughly some lettuce, endives, and beetroots, cut them up and mix them with the following dressing: four tablespoonfuls of oil, two tablespoonfuls of vinegar, one teaspoonful of made mustard, the yolks of two eggs, one-half teaspoonful anchovy sauce, and cayenne and salt. Pick out from the shells the flesh of one hen lobster, cut into well-shaped pieces, put one half in the salad and garnish with the rest, also with the whites of two hard-boiled eggs chopped fine, and the yolks mixed with the coral, and rubbed through a sieve.

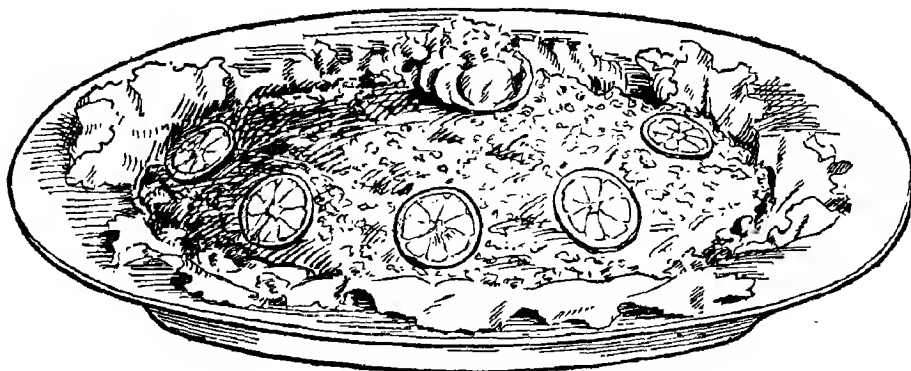
CABBAGE SALAD. Chop fine one firm head of cabbage, sprinkle lightly in a dish. Make the dressing as follows: Stir together two raw eggs, one teaspoonful white pepper, one teaspoonful of mustard, a little salt, two teaspoonfuls of melted butter, and one cupful of strong vinegar. Put this mixture in a small vessel, set inside of another full of boiling water, and stir five minutes; set aside to cool, then beat in one-half cup of cream, pour over the cabbage and serve.

CELERY SALAD. Two heads of celery, one tablespoonful of salad oil, one-half teacup of vinegar, one teaspoonful of granulated sugar, pepper and salt to taste. Wash well the celery, removing any unsightly parts, lay in iced water until wanted; then cut into pieces about an inch in length. Season with remaining ingredients, mix well, and serve in salad bowl.

BEAN SALAD. String young beans; break into small pieces or leave whole; wash and cook soft in salt water; drain well; add finely chopped onions, pepper, salt, and vinegar; when cool, add olive-oil or melted butter.

**CHICKEN
SALAD.**

Draw, singe, and boil the chicken. When done and perfectly cold, remove the skin and cut the meat into dice. If you want it very nice, use only the white meat; save the dark for croquettes. After you have cut it, set it away in a cold place until wanted. Wash and cut the white parts of celery into pieces about a half inch long, throw them into a bowl of cold water, and also set them away until wanted. To every pint of chicken allow two thirds of a pint of celery and a cup and a half of mayonnaise dressing. When ready to serve, dry the celery and mix with the chicken; dust lightly with salt. white pepper or cayenne, then mix



CHICKEN SALAD.

with it the mayonnaise. Serve on a cold dish, garnished with white celery tips. One cup of white cream may be added to every one-half pint of mayonnaise when ready to use it. It makes the dressing lighter, with less of the oily flavor.

EGG SALAD. Boil one-half dozen eggs until hard, shell them, and cut them into slices, and pour over them, while hot, the following dressing: Put in a soup-plate one-half teaspoonful salt and one-fourth teaspoonful black pepper, add three tablespoonfuls olive-oil, and stir until the salt is dissolved. Stir in one tablespoonful of tarragon vinegar, one tablespoonful of onion juice, and one tablespoonful of chopped parsley. Stand away in a cold place for two hours, and serve.

RED CAB- One small red cabbage, one small dessert-spoonful of
BAGE SALAD. salt, one-half pint of vinegar, one and one-half dessert-spoonfuls of oil, a little cayenne pepper. Secure a nice fresh cabbage, remove the outer leaves, and cut the cabbage into nice thin slices, then mix in the above ingredients, and allow it to stand, for two days, when it will be fit for use. This salad will keep good for several days.

**REV. SIDNEY SMITH'S
 RECIPE
 FOR SALAD
 DRESSING.** "Two boiled potatoes, strained through a kitchen sieve, Softness and smoothness to the salad give;
 Of mordant mustard take a single spoon —
 Distrust the condiment that bites too soon;
 Yet deem it not, thou man of taste, a fault
 To add a double quantity of salt;
 Four times the spoon with oil of Lucca crown,
 And twice with vinegar procured from town;
 True taste requires it, and your poet begs
 The pounded yellow of two well-boiled eggs.
 Let onions' atoms lurk within the bowl,
 And, scarce suspected, animate the whole;
 And, lastly, in the flavored compound toss
 A magic spoonful of anchovy sauce.
 O! great and glorious, and her herbaceous treat,
 'Twould tempt the dying anchorite to eat;
 Back to the world he'd turn his weary soul,
 And plunge his fingers in the salad bowl."

**BOILED
 SALAD
 DRESSING.** Put one-half pint of milk in a double boiler, and when it boils, stir in two tablespoonfuls corn-starch moistened with a little cold water. Stir until it boils and thickens, then add the yolks of three eggs, well beaten; stir a minute longer, take it from the fire, and add a tablespoonful of butter, a teaspoonful of salt, and stir in by degrees two tablespoonfuls of vinegar. Stand it aside to get cold, and it is ready to use.

**FRENCH
 DRESSING.** Half teaspoonful salt, the same of pepper, mixed with one tablespoonful vinegar or lemon-juice; add three tablespoonfuls oil; heat together briskly, and pour over the salad; before putting on the different plates, toss and turn the

MAYONNAISE DRESSING. The yolks of two well-beaten eggs, one teaspoonful each of sugar and salt, one-half teaspoonful pepper, and one and one-half teaspoonfuls mustard; mix well.

Heat to the boiling-point one cupful vinegar, and a lump of butter the size of a pigeon's egg; while this is heating, beat to a stiff froth the whites of the two eggs and mix with the other ingredients, beating well; then add the boiling vinegar, a few drops at a time. Set on the fire two or three minutes, stirring constantly; beat a few minutes after removing it from the fire, and set away to cool.

CHICKEN AND OYSTER SALAD. Clean, parboil, and drain one pint oysters. Remove tough muscles, and mix soft parts with an equal quantity of cold boiled fowl cut in small pieces. Moisten the whole with salad dressing, and serve on a bed of lettuce leaves.

GERMAN DRESSING. Use one-half cup thick cream, three tablespoons vinegar, one-fourth teaspoon salt, few grains pepper. Beat cream until stiff. Add salt, pepper, and vinegar very slowly, continuing the beating.

HAM SALAD. Use cold boiled ham, fat and lean together, chop it until it is thoroughly mixed, and the pieces are about the size of peas; then add to this an equal quantity of celery or lettuce cut fine. Line a dish thickly with lettuce leaves, and fill with the chopped ham and celery. Make a dressing the same as for cold-slaw, and turn over the whole.



UNDER this caption are presented recipes for all the vegetables except potatoes, which are treated under a separate chapter.

It is important that vegetables of all kinds be carefully picked over before using. Cut out all decayed and unripe parts, and wash in several waters. Young green vegetables should be cooked in boiling salted water. If green vegetables are wilted, soak them for an hour or two in clear cold water.

All sorts of culinary vegetables are much better when freshly gathered and cooked as soon as possible; and when done, well drained, and served at once while hot.

A large variety of vegetables is needed in our food to promote perfect health. On account of their saline substances they counteract the evil effect of too much meat. Some are rich in organic acids, and others in indigestible tissues, which are useful in certain conditions. All vegetables need the addition of salt and butter, or some form of fat. Some lose much of their natural sweetness in the cooking and should be slightly sweetened; such as peas, beans, squashes, beets, and turnips. Others need an acid condiment on account of the potash which they contain; such as cabbage and lettuce.

Following is a table of the time required for cooking vegetables : —

Asparagus.....	15 to 30 min.
Beet Greens.....	1 hour.
Beets.....	1 to 5 hours.
Carrots.....	1 to 2 hours.
Cabbage.....	45 min. to 2 hours.
Cauliflower.....	1 to 2 hours.

Dandelions.....	2 to 3 hours.
Green Corn.....	25 min. to 1 hour.
Green Peas, boiled.....	20 to 40 min.
Onions.....	1 to 2 hours.
Parsnips.....	1 to 2 hours.
Shell Beans, boiled.....	1 hour.
String Beans, boiled.....	1 to 2 hours.
Squash, boiled.....	25 min.
Squash, baked.....	45 min.
Spinach.....	1 to 2 hours.
Tomatoes, fresh.....	1 hour.
Tomatoes, canned.....	30 min.
Turnips, white.....	45 min. to 1 hour.
Turnips, yellow.....	1½ to 2 hours.

TO BOIL This excellent vegetable may be boiled as asparagus.
OR STEW When boiled, divide it lengthwise into two, and serve
VEGETABLE it on toast accompanied by melted butter ; or when
MARROW. nearly boiled, divide it as above, and stew gently in
 gravy. Care should be taken to choose young ones
 not exceeding six inches in length.

SPINACH. Wash and pick your spinach very carefully ; drop into
 boiling water and cook fifteen minutes. Drain thor-
 oughly through a colander, then chop quite fine. Return to the stove,
 add one tablespoonful of butter, pepper and salt to taste ; put in a
 vegetable dish and garnish with hard-boiled eggs.

CABBAGE Take a medium-sized head of well-bleached cabbage
FOR ROAST and chop very fine. Put in a stew-kettle with just
MEATS. enough water to cook it tender, which will depend
 somewhat upon the strength of the fire. Add salt to taste, and when
 it is cooked, if any water remains in the kettle, drain it off ; then add
 a lump of butter the size of a small egg, a little white pepper, and
 enough milk to just about cover the cabbage. This is a very delicate
 way of preparing this vegetable, and it goes nicely with roast meats.

**TO STEW
CELERY.** Wash, cut into neat slices, removing the green parts. Plunge into sufficient boiling water to cover it, adding salt in the proportion of a dessert-spoonful to two quarts of water. Stew until tender, serve in a dish with white sauce over. The celery may be stewed in stock if preferred.

**CABBAGE
A LA CAULI-
FLOWER.** Cut the cabbage fine as for slaw ; put it into a stew-pan, cover with water and keep closely covered ; when tender, drain off the water, put in a small piece of butter with a little salt, one-half cup cream, or one cup milk. Leave on the stove a few minutes before serving.

**FARCI, OR
STUFFED
CABBAGE.** Veal stuffing, slices of sausage meat, gravy. Cook the cabbage in salt and water sufficiently to open the leaves, and insert between them layers of ordinary veal stuffing and slices of sausage meat ; then tie it securely round with thread to prevent the meat falling out. Replace in the stew-pan and cook briskly at first, then simmer till completely tender. Serve in the same manner as ragout—that is to say, with a little gravy poured over the whole.

**STUFFED
CUCUMBERS.** Boil large, firm cucumbers until tender, scoop out the seeds, and in their place put a filling made of fine bread crumbs, well-seasoned, and a little minced ham or veal. Fasten the cucumbers together with tapes and put in a baking-pan with a large cupful of water and a good-sized piece of butter ; baste frequently and bake one-half hour.

AUX POMMES. One red cabbage, three or four moderate-sized apples, butter, salt, pepper, walnuts, cloves, vinegar, red currant jelly, flour. Put a red cabbage into a saucepan, having previously washed it well ; just cover it with water ; peel, halve, and core three or four moderate-sized apples and add them to the cabbage with a piece of butter about the size of a walnut, salt, pepper, and three or four cloves.

Cook very gently over a slow fire for three hours. When ready to be served, add one dessert-spoonful of vinegar, the same quantity of red currant jelly, and sufficient flour to thicken the sauce; pour over and send to table.

TOMATOES Half dozen tomatoes, bread-crumbs, pepper, salt, and
BAKED. butter. Cut one-half dozen tomatoes in halves, remove the pips, and fill the insides with a mixture of bread-crumbs, pepper, and salt in due proportions; place a small piece of butter on each half tomato and lay them close together in a well-buttered tin; bake in a slow oven about one-half hour and serve. They may be eaten hot or cold.

ONIONS Skin them thoroughly. Put them to boil; when they
BOILED. have boiled a few minutes, pour off the water and add clean, cold water, and then set them to boil again. Pour this away and add more cold water, when they may boil till done. This will make them white and clear and very mild in flavor. After they are done, pour off all the water and dress with a little cream; salt and pepper to taste.

TOMATO One quart stewed tomatoes, one egg, soda, flour, lard.
FRITTERS. Use one quart stewed tomatoes, one egg, one small tea-spoonful of soda; stir in flour enough to make a batter like that for griddle cakes. Have some lard very hot on the stove, drop the batter in, a spoonful at a time, and fry.

TOMATOES Tomatoes, shallot, butter, bread-crumbs, ham, parsley,
STUFFED. sweet herbs, pepper, salt, and toast. Dip some tomatoes in hot water, peel them, cut them in halves and remove the pips; rub a baking-sheet with shallot, butter it well, and lay the tomatoes in it, filling each half with the following composition: Two parts bread-crumbs, one part ham minced fine, and, according to taste, parsley and sweet herbs also minced fine, and

pepper and salt. Put a small piece of butter on each half tomato, and bake them fifteen minutes. Have ready some round pieces of buttered toast; on each of these put a half tomato and serve.

TOMATOES WITH MACARONI. Tomatoes, butter, pepper, salt, bay-leaf, thyme, stock or gravy, macaroni. Cut up a quantity of tomatoes and remove from each the pips and watery substance; put them into a saucepan with a small piece of butter, pepper, salt, a bay-leaf, and some thyme; add a few spoonfuls of either stock or gravy; keep stirring on the fire until they are reduced to a pulp, pass them through a hair sieve, and dress the macaroni with this sauce and plenty of Parmesan cheese freshly grated.

TOMATOES BROILED. Large fresh tomatoes, butter, pepper, salt, sugar, an egg-spoonful of made mustard. In buying tomatoes for broiling, be careful to select large and fresh ones. Do not pare them. Slice in pieces about one-half inch thick and broil them for a few minutes upon a gridiron; while they are broiling, prepare some hot butter in a cup, seasoning with pepper, salt, an egg-spoonful of made mustard and a little sugar; when the tomatoes are finished, dip each piece into this, and then dish (the dish must be hot). If any of the seasoning remains, heat to the point of boiling and pour over the dish; serve immediately. This is a very nice dish if cooked well.

PEAS AND CARROTS. Take five or six good-sized carrots, scrape, cut into small dice, and soak for one hour in cold water; then boil for one and one-half hours in three times enough water to cover them, with salt to season well. When thoroughly cooked, drain off the water and add one can of peas, well drained, and one cup of milk, and place on the stove again. Mix a heaping teaspoonful flour with a good heaping teaspoonful butter, and add when the milk boils up. Cook for a few moments, adding salt to taste, and a good shake of pepper.

SPANISH ONIONS A LA GRECQUE. Peel off the very outer skins and cut off the pointed ends; put the onions in a deep dish, and put a piece of butter and a little salt and pepper on the place where the point has been cut off, cover with a plate or dish, and let them bake for not less than three hours. They will throw out a delicious gravy.

ONIONS STUFFED. Very large Spanish onions, cold fat pork or bacon, bread-crumbs, pepper, salt, mace, cream, one egg, butter, juice of one half of a lemon, browned flour, milk. Wash and skin the onions. Lay in cold water one hour. Par-boil in boiling water one-half hour. Drain, and while hot extract their hearts, taking care not to break the outside layers. Chop the inside thus obtained very fine, with a little cold fat pork or bacon. Add bread-crumbs, pepper, salt, mace, and wet with one or two spoonfuls cream or milk. Bind with a well-beaten egg, and work into a smooth paste. Stuff the onions with this; put into a dripping-pan with a very little hot water, and simmer in the oven for one hour, basting often with butter melted. When done, take the onions up carefully, and arrange the open ends upward in a vegetable dish. Add to the gravy in the dripping-pan the juice of one half of a lemon, four table-spoonfuls cream or milk, and a little browned flour wet with cold milk. Boil up once, and pour over the onions.

MUSHROOMS STEWED. Gather those that have red gills; cut off that part of the stem which grew in the earth; wash, and take the skin from the top; put them in a stew-pan with some salt; stew them till tender; thicken with one spoonful butter and browned flour.

MUSHROOMS. The cook should be well acquainted with the different sort of things called by this name by ignorant people, as the deaths of many persons have been caused by carelessly using the poisonous kinds. The eatable mushrooms first appear very small and of a round form on a very small stalk. They grow very fast, and the

upper part and stalk are white. As the size increases the under part gradually opens and shows a fringy fur of a very fine salmon color which continues more or less till the mushroom has been picked, when it turns to a brown. The skin can be more easily peeled from the real mushroom than the poisonous kind. A good test is to sprinkle a little salt on the spongy part or gills of the sample to be tried; if they turn black they are wholesome, if yellow they are poisonous. Give the salt a little time to act before you decide as to their quality.

MUSHROOMS BROILED. Prepare them as directed for stewing. Broil them on a griddle; and when done, sprinkle salt and pepper on the gills, and put a little butter on them.

MUSHROOMS BAKED. Pare the top and cut off part of the stalk, wipe them carefully with a piece of flannel or cloth and a little fine salt. Then put them into a baking-dish and put a piece of butter on each mushroom. Sprinkle with pepper to taste, and bake for twenty minutes or one-half hour. When done, serve on a hot dish with the gravy poured over the mushrooms.

MUSHROOMS A LA CREME. Cut the mushrooms in pieces, and toss them over a brisk fire in butter seasoned with salt, a very little nutmeg, and one bunch of herbs. When they are done enough, and the butter nearly all wasted away, take out the herbs, add the yolk of one egg beaten up in some good cream; make very hot and serve.

PARSNIPS. Boil, mash, season with butter, pepper, and salt, make into little cakes; roll in flour and brown in hot lard.

PARSNIPS AMERICAN FASHION. Scrape and boil some parsnips, then cut each lengthwise in four, and fry them very brown, and dish in pairs.

PARSNIPS Boil the parsnips tender and scrape; slice lengthwise.
BUTTERED. Put three tablespoonfuls of butter into a saucepan, with pepper, salt, and a little chopped parsley. When heated, put in the parsnips. Shake and turn until mixture boils, then lay the parsnips in order upon a dish, and pour the butter over them and serve.

PARSNIPS Scrape them, boil in milk till they are soft; then cut
FRICASSEED. them lengthwise into pieces, two or three inches long, and simmer in a white sauce, made of two spoonfuls of broth, one piece of mace, one-half cupful of cream, a piece of butter, and some flour, pepper, and salt.

TO DRESS Pare and cut the cucumbers into slices, as thin as a
CUCUMBERS. wafer (it is better to commence at the thick end). Place in a glass dish; sprinkle with salt and pepper, and pour over it one-half teacupful of vinegar, and three tablespoonfuls of salad oil. This is a nice accompaniment to boiled salmon, and is useful in concocting a salad. It is also an excellent garnish for lobster salad.

CUCUMBERS Pare cucumbers, cut in slices, press the slices upon a
FRIED. dry, clean cloth; dredge with flour; have ready a pan of boiling oil or butter, put the slices into it, and keep turning them until they are brown; remove them from the pan, and lay upon a sieve to drain. Serve on a hot dish.

CUCUMBERS Three large cucumbers, a little butter, one-half pint
STEWED. of brown gravy, a little flour. Cut the cucumbers lengthwise, removing the seeds. Have the pieces a convenient size for the dish they are served in. Plunge them into boiling water with a little salt. Allow it to simmer for five minutes. Put the gravy into another saucepan, and when the cucumbers are done, remove from the water, and place in the gravy, and allow to

boil until they are tender. If there should be a bitter taste, add one teaspoonful of granulated sugar. Dish carefully, skim the sauce, and pour over the cucumbers

LIMA BEANS. One quart of Lima beans, wash and soak them overnight in cold water; simmer over a slow fire four hours; then add salt, pepper, butter (the size of an egg), and one quart of sweet milk; boil for one-half hour.

LIMA AND BUTTER BEANS. Shell and place in cold water, allowing them to remain in the water one-half hour; then put into boiling water with a little salt, and cook until tender; drain, and butter and pepper.

FRENCH BEANS. Top, tail, and string the beans carefully; cut in pieces about an inch long; lay in cold salt water for a quarter of an hour; drain, plunge into a saucepan of boiling water, and boil until tender; drain in a colander; dish with a lump of butter stirred in.

TURNIPS BOILED. Pare and cut in pieces; put them into boiling water well salted, and boil until tender; drain thoroughly, and then mash, and add a piece of butter, pepper and salt to taste, and a small teaspoonful of sugar; stir till they are thoroughly mixed, and serve hot.

TURNIPS, GERMAN RECIPE. Six large turnips, three ounces of butter, one-half pint weak stock, one tablespoonful of flour, pepper, and salt. Heat the butter in a stew-pan, pare and cut the turnips into pieces the size of dice, and season with pepper and salt; then place in the hot butter, toss over the fire for five minutes, add the stock, and simmer gently until the turnips are tender. Brown the flour with a little butter; add this to the turnips, and simmer five minutes. Boiled mutton may be served with this dish.

TURNIPS Small new turnips; peel and boil in salted water; drain
A LA CREME. thoroughly. Melt one ounce of butter in a saucepan,
 add to it a dessert-spoonful of flour, pepper, salt,
 grated nutmeg, and a small quantity of milk or cream; put in the tur-
 nips; simmer gently a few minutes, and serve.

TURNIPS Boil some small new turnips as in the preceding recipe;
A LA MAITRE. drain them thoroughly, and melt some butter in the
 saucepan; put the turnips in, give them a toss or two,
 add a little-chopped parsley, pepper and salt, a squeeze of lemon-juice,
 and serve.

TO BOIL Place upon the stove two quarts of warm water with a
CARROTS tablespoonful of salt; bring to a boil; wash and scrape
 six young carrots, remove any black specks, cut in
 halves, plunge into the boiling water, and boil until tender; drain,
 and serve upon a hot dish.

EGG-PLANT Parboil fifteen minutes. Then make a triangular cut
BAKED. in the top; remove the piece and take out the seeds.
 Let it lie for an hour in water, to which a tablespoon-
 ful of salt has been added. Make a stuffing of one cup of crumbs,
 two ounces of salt pork, and an onion chopped fine, one teaspoonful
 salt, one-half teaspoonful pepper and nutmeg mixed; wet with half a
 cup of boiling water or stock, and fill the egg plant, tying a string
 around it to keep the piece in place. Bake an hour, basting often
 with a spoonful of butter in a cup of water.

CARROTS Wash and scrape the carrots; split the largest. Then
STEWED. whiten them in hot water, and drain them on a sieve;
 then boil them in weak broth, with salt; then put some
 butter in a saucepan, with a dessert-spoonful of flour; stir it and brown
 it. Add to it the carrots, broth, and pepper. Stir, and let all simmer
 together.

SALSIFY Scrape the roots, cut them in short lengths, and throw
BOILED. them into vinegar and water as they are being done.

Boil them till tender in salted water, drain them, toss them into a saucepan with a piece of butter, a little lemon-juice, and some minced parsley, add salt, and serve.

HOTCH- Put a pint of peas into a stew-pan with a quart of
POTCH. water, and boil them until they will pulp through a sieve; then take the lean end of a loin of mutton, cut into small pieces, and put it into a stew-pan with a gallon of water, the carrots and turnips cut into small pieces, and a seasoning of pepper and salt; boil it until all the vegetables are quite tender, put in the pulped peas and a head of celery (or lettuce), and one onion, sliced; let it boil fifteen minutes, and serve.

GREEN CORN Having cut the corn from the cob, put into boiling
STEWED. water, and allow to stew one-fourth hour; remove nearly all the water and cover with milk, and allow to stew until tender; before dishing, roll some pieces of butter in flour and mix with the corn, adding a little pepper and salt; give one boil, and serve.

GREEN Open the husks, remove the silk, close the husks
CORN closely, and roast in the ashes of a wood fire until ten-
ROASTED. der; serve with butter, pepper, and salt. This is frequently eaten in camp.

CAULI- Pick out all the green leaves from a cauliflower, and
FLOWER cut off the stalk close; put it head downward in a
FRIED. saucepan full of boiling salted water; do not overboil it; drain it on a sieve, pick it out into small sprigs, and place in a deep dish with plenty of vinegar, whole pepper, salt, and a few cloves. When it has laid about an hour in this, drain it, dip in batter, and fry in hot lard, to a golden brown.

SUMMER SQUASH. Pare the outer rind, remove the seeds, quarter, and lay in ice-water ten minutes; put into boiling water, a little salt, and cook until tender; press all the water from them. Mash smooth, season with butter and pepper, and serve hot.

WINTER SQUASH. Proceed as above, allowing more time to cook; before putting into the boiling water, allow it to soak in cold water three hours.

**CAULI-
FLOWER
BOILED.** Wash in two or three waters. Cut off the end of stalk and outer leaves, allow to lie in salt and water five minutes, plunge into boiling salted water, and boil fifteen or twenty minutes; drain and serve hot.

**CAULI-
FLOWER
SCALLOPED.** Choose a cauliflower of medium size, boil it twenty minutes; put into a saucepan one ounce butter, one-half gill milk, and one ounce bread-crumbs; add cayenne, and salt to taste, and stir till the bread has absorbed the milk and butter. Beat an egg and add this to the sauce, but be sure that it does not simmer after the egg has been added. Butter a flat tin dish, take off the fine leaves of the cauliflower, and place them all round on it; break up the flower carefully and lay in the center, making it as high as possible; pour the sauce over this, sprinkle a few bread-crumbs on the top, and bake ten minutes.

**TO KEEP
GREEN PEAS.** Shell and put them into a kettle of water when it boils; give them two or three warmings only, and pour them in a colander; when the water drains off, turn them out on a table covered with cloth, and pour them on another cloth to dry perfectly; then bottle them in wide-mouthed bottles, leaving only room to pour clarified mutton-suet upon them an inch thick, and for the cork. Resin it down, and keep it in the cellar or in the earth. When they are to be used, boil them till tender, with a piece of butter, a spoonful of sugar, and a little mint.

GREEN PEAS STEWED. Put a quart of peas, a lettuce, and an onion, both sliced, a piece of butter, pepper, salt, and no more water than hangs round the lettuce from washing; stew them two hours very gently. When to be served, beat up an egg and stir it in, or a little flour and butter. Some think a teaspoonful of white powdered sugar is an improvement.

GREEN PEAS A LA FRANCAISE. Put the required quantity of peas necessary for your dish into a perfectly clean and bright stew-pan, with some water and butter, in the following proportions :
For every pint of peas one gill water and one ounce butter. When this is thoroughly amalgamated, add a little bouquet, tied together, of parsley, also salt, pepper, and another one-half ounce butter, then eight or nine small white onions, and a whole lettuce. Simmer the whole well for an hour, or more if the peas and other vegetables are not completely tender. The time, in fact, must be regulated according to the judgment of the cook. When done, take out the bunch of parsley, the lettuce, and the onions, which are very serviceable for hashes, stews, or soups, even when used as above. The peas, when once cooking, must not be touched by a spoon or a fork, as it would bruise them and spoil the appearance of the entrée, but well tossed constantly to prevent them sticking to the stew-pan, always kept briskly simmering, but never boiling; otherwise they will harden.

BAKED BEANS. Beans should be carefully looked over, thoroughly washed, and put to soak overnight in about twice their bulk of water. Put them in the kettle soon after breakfast the next morning, add about as much water as at first, place them where they will not burn, and let them cook slowly and without stirring until about ten o'clock. Then add half a pound of salt pork, thoroughly washed, and cut across the rind in small dice. Place the pork on the top of the beans, and let it boil for an hour or more. Then lift the meat out, turn the beans and liquor into a baking-pan, press the pork down until only the rind is out of the water, and bake in a slow oven for several hours.

GREEN CORN BOILED. Strip off all the outer husks, allowing the innermost to remain; remove the silk and re-cover the ear with the remaining husk, secure with a piece of thread, plunge into boiling salted water, and boil one-half hour. Cut off stalks and dish up on a napkin.

ASPARAGUS. After scraping the stalks to cleanse them, place them in a vessel of cold water. Tie them up neatly into bundles of about twenty-five heads each, then place them in a saucepan of boiling water, sprinkling a handful of salt over them. When it is boiling, remove any scum there may be; the stalks will be tender when they are done; they will take about twenty minutes or half an hour; be careful to take them up the minute they are done; have ready some toast, dip it in the liquor in which the asparagus was boiled; dish upon toast, and serve with a boat of melted butter.

ASPARAGUS IN AMBUSH. Two bunches of asparagus, eight stale biscuits (or rolls may be used), four eggs, about one-half pint of milk, butter the size of an egg, flour, pepper and salt to taste. Take the green tops of the two bunches of asparagus, boil them tender, and mince fine. While they are boiling, take the biscuits or rolls, divide them, keeping the top half for a cover; place them all in the oven to crisp; make the milk hot, and then pour in the eggs, beaten; stir over the fire until it thickens, then add the butter rolled in flour, and lastly add the asparagus; spread the rolls with this mixture, put on the tops, and serve hot.

ASPARAGUS AND EGGS. Twenty-five or thirty heads of asparagus, good rich butter, salt and pepper, five or six eggs. Boil the asparagus (after cutting them into pieces of about one-half an inch) for fifteen minutes; take a cup of rich butter and put it into a saucepan; drain the asparagus, and put it with the butter; heat them to a boil, seasoning with pepper and salt, and then pour into a buttered baking-tin or dish; break five or six eggs neatly over the surface of this, sprinkle with pepper and salt, and put it in the oven until the eggs are set nicely. Serve hot.

ASPARAGUS PUDDING. Green tops of two bunches of asparagus, three table-spoonfuls of prepared flour, four or five well-beaten eggs, two dessert-spoonfuls of melted butter, one teacup of milk, one pinch of soda, pepper and salt to taste. Boil the asparagus, and when cool, chop fine; take the eggs, butter, pepper, and salt, and beat them up together, then put in the flour, stir the soda into the milk, and add gradually; lastly put in the asparagus. Put this into a buttered mold with a lid, or if it has no lid, tie it down tightly with a floured cloth; boil for two hours. When done, turn out on a dish, and pour melted butter round it.

ARTICHOKES FRIED. Wash, peel, and parboil them whole for ten minutes, then cut them in strips the size of a little finger. Flour them carefully, and fry in hot lard; or they may be dipped in batter and fried. Serve piled up on a napkin.

ARTICHOKES WITH GRAVY. Prepare them as above, cutting them to the size of pigeon's eggs. Parboil them for ten minutes, drain them, and toss them in a saucepan, with a piece of butter; then add a small quantity of good, clear gravy, and a dust of pepper. Let them simmer very gently till wanted.

ARTICHOKES MASHED. Salted water, a piece of butter, a little cream, white pepper, nutmeg, and salt. Wash, peel, and boil them in salted water; drain, and pass them through a hair sieve. Squeeze all the water out of the pulp; put it into a saucepan, and work it on the fire, with a piece of butter and a little cream, adding white pepper, nutmeg, and salt if necessary. When quite hot and sufficiently dry, serve.

ARTICHOKES WITH CREAM. Prepare and parboil them as in the preceding recipe; then put them into a saucepan, with a due allowance of white sauce, and let them finish cooking in this, adding, at the last, a small quantity of cream and grated nutmeg.

ARTICHOKES WITH WHITE SAUCE. Wash them well, peel and shape them to a uniform size; throw them into boiling salted water, and let them boil fifteen to twenty minutes; drain them at once thoroughly; put them on a dish and serve with the following sauce poured over them: Mix over the fire one and one-half ounces butter with a tablespoonful of flour; add one-half pint of boiling water, white pepper and salt to taste; stir till the sauce thickens, then take the saucepan off the fire, and stir in the yolks of two eggs, beaten up with the juice of a lemon, and strain.

ARTICHOKES STEWED. Mince a couple of shallots, and fry them in plenty of butter; put in the artichokes parboiled and cut into pieces, moisten with a little stock, season with pepper, salt, and a little lemon-juice; lastly add some finely chopped parsley, and let the whole stew gently till quite done. A small quantity of Parmesan cheese may be added.

ARTICHOKES AU GRATIN. Wash, peel, and boil them whole, cut them in slices the thickness of a cent. Butter a dish previously rubbed with a shallot; arrange the slices on it, strew over them some baked bread-crumbs, seasoned with pepper, salt, and a little powdered thyme, add a squeeze of lemon, put a few pieces of butter on the top, and bake for ten or fifteen minutes.

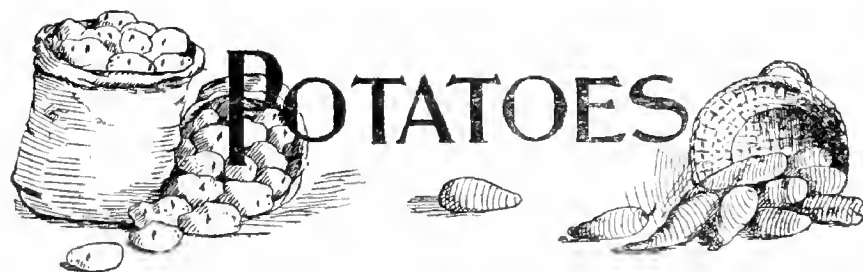
SAUERKRAUT. Shred the cabbage fine; line the bottom and sides of a small keg with the green cabbage leaves, put in a layer of the cabbage, two or three inches thick, cover with salt, and pound down well, then another layer of cabbage and salt, and so on until the keg is full. Put a board on top of the cabbage, and on this a heavy weight, and stand in a moderately warm place to ferment. The cabbage sinks when the fermentation begins, and the liquor rises to the surface over the cover. Skim off the scum, and stand the keg in a cool cellar, and it is ready to use. Keep well covered. Before using it, wash in warm water, and boil with corned beef or salt pork, the same as cabbage.

PUMPKIN STEWED. Halve, remove the seed, pare, and slice neatly. Soak for an hour in cold water; then place in a saucepan of boiling water on the fire. Allow it to stew gently until it falls to pieces. Stir often. Then take it out, drain, squeeze, and rub through a colander, then put it back in the saucepan, adding two dessert-spoonfuls of butter, pepper and salt to taste. Stir quickly, and when nearly boiling, dish, adding more pepper if required.

PUMPKIN BAKED. Cut the pumpkin into quarters; remove seeds, cut into slices lengthwise, about half an inch thick. Place in a baking-dish suitable for the purpose, and arrange in layers about three slices deep. Put a very little water in the bottom of the dish, and bake very slowly until done (the water must have evaporated). It takes a long time to bake. Butter the slices on both sides, and dish.

ESCALLOPED OKRA AND TOMATOES. Cut the okra in thin slices, and pare and slice the tomatoes. Have one pint of tomatoes to two of okra. Put the vegetables in a stew-pan, with one teaspoonful of salt and a little pepper. When they have been stewing fifteen minutes, add the butter and pepper, and turn into a deep dish. Cover with bread or cracker-crumbs, dot with butter, and bake half an hour.

BEAN CROQUETTES. Use one pint of white soup beans, one tablespoonful of vinegar, one tablespoonful of molasses, one tablespoonful of butter, salt and cayenne to taste. Boil the beans as directed in preceding recipe. When done, drain, and press the beans through a colander, then add the other ingredients, mix well, and stand away to cool. When cold, form into small balls; dip first in egg, and then in bread-crumbs, and fry in boiling fat.



THE potato ranks first in importance in the vegetable line. It combines with other foods, particularly meats, to give the desired elements. It is composed of water (three-fourths) and starch, with a small quantity of albumen and mineral matter held in solution in the juices.

The cooking of potatoes is an art, and one which needs careful study. The most nutritious part of the potato is next the skin, therefore they should be pared as thin as possible. New potatoes should be salted a little after they are put in boiling water. They require about twenty minutes to boil.

POTATOES SAUTEES AU BEURRE. Cut with a vegetable cutter, into small balls about the size of a marble; put them in a stew-pan with plenty of butter and a good sprinkling of salt; keep the sauce-pan covered, and shake it occasionally until they are quite done, which will be in about an hour.

POTATOES STUFFED. Five medium-sized potatoes, one-half ounce butter, one tablespoonful grated cheese, pepper, salt, and yolk of one egg. Bake the potatoes in their skins, and when done, cut off a small slice from one end, scoop out the inside, and rub through a wire sieve. Add to it one-half an ounce butter, one table-

spoonful grated cheese, pepper, salt, and the yolk of an egg. Mix well, refill the skins, fit on the slices which were cut off, and put into the oven again for ten minutes before serving.

LYON-NAISE POTATOES. Into a saucepan, put a large lump of butter and a small onion finely chopped, and when the onion is fried to an amber color, throw in slices of cold boiled potatoes, which must be thoroughly stirred until they are turning brown; at this moment, put in a spoonful of finely chopped parsley, and as soon as it is cooked, drain through a colander, so that the potatoes retain the moisture of the butter, and many particles of parsley.

SAVORY POTATOES. Peel as many potatoes as you require. Put them in a pie-dish with a good-sized onion chopped fine, one-half teaspoonful of dried sage powdered, two ounces butter, and two tablespoonfuls olive-oil, and enough water to cover the bottom of the dish. Pepper and salt to taste, and bake in a slow oven.

SARATOGA POTATOES. Saratoga chips are prepared in thin, paper-like slices (a slaw-cutter is required for this), and crisped, but not burned, in hot fat. The secret of preparing them properly lies in cutting them first in the thinnest slices possible, and soaking them for at least one hour in cold salt water. The last process draws the starch out of the potato, and is positively necessary to success. Before frying, each piece must be thoroughly dried on a towel. When taken out of the fat, they may be drained on a sieve a moment in a very hot oven or over the stove, then cooled quickly in a draft.

FRIED POTATOES. American fried potatoes are boiled first, and sliced cold to fry. They need a large frying-pan, or are best cooked on a griddle, which has surface enough to let each piece lie next to the fire. Slice them one fourth of an inch thick, so as not to break in turning. Salt and pepper, and when the large spoonful of fat is turning brown in the hot pan, lay them in, brown

quickly, and turn with a broad griddle-cake turner. Potatoes of secondary quality are best pared and sliced raw and fried. The heat of boiling fat, which is stronger than that of boiling water, drives the water out of them. Small, deep kettles are sold for frying, and the lard is kept in them and used many times over.

POTATOES Slice as for Saratoga potatoes, but thicker, soak in cold
VIRGINIA water, drain, and fry in a covered pan with two or
STYLE. three spoonfuls of suet, turning brown before they are
put in. Salt and pepper thickly while cooking at
leisure.

POTATO Grate eight large potatoes in a porcelain bowl, add four
PANCAKES. eggs, not beaten, one teacup flour, one-half cup milk,
and one even teaspoonful baking-powder; stir all
lightly together, taking care not to beat the eggs up too much. Fry
the same as ordinary pancakes, but longer, to cook thoroughly.

POTATOES Slice the potatoes as for frying, and soak in cold water
A LA CREME. one-half hour. Parboil in a frying-pan, pour the water
off, and let them stand on the fire uncovered till the
steam is driven off; brown one spoonful of butter or fat, and pour over
them a minute after; then cover the potatoes with milk, in which they
should boil till done. Salt and pepper while cooking, and watch lest
they burn. There should be just milk enough when done for a creamy
gravy, thickened by the starch of the potatoes.

POTATO- Four large, mealy potatoes, cold; mash them in a pan
BALLS. with two tablespoonfuls of melted butter, a pinch of
salt, a little pepper, one tablespoonful of cream, and
the beaten yolk of one egg; rub it together for about five minutes, or
until very smooth; shape the mixture into balls about the size of a wal-
nut or small rolls, dip them into an egg well beaten, and then into the
finest sifted bread-crumbs; fry them in boiling lard.

POTATO CROQUETTES. Boil one dozen potatoes, strain and mash well; add two yolks of eggs, beat well and season. When cold, mold in the shape of long corks, and dip each piece into beaten eggs; then roll in crumbs, and fry a golden brown.

BROWNED POTATOES. Mash the potatoes, put them into a dish that they are to be served in, smooth over the top, and brush over with the yolk of an egg, or spread on a supply of butter, and dust well with flour. Set in the oven to brown; it will brown in fifteen minutes with a quick fire.

POTATOES SOUFFLE. Wash, scrub, and bake a few smooth potatoes. Cut in halves lengthwise, and without breaking the skin, scoop out the potato into a hot bowl. Mash, and add a tablespoonful of butter, a little hot milk, and salt and pepper to taste. Beat the whites of two eggs stiff, and mix it with the potato. Fill the skins with the potato mixture, heaping it lightly on the top, and brown slightly.

POTATO PUFFS. Prepare the potatoes the same as for mashed potato; while hot, shape into balls about the size of an egg. Have a tin sheet. Place the balls on a tin sheet well buttered; as soon as all are done, brush over with beaten egg. Brown in the oven. When done, slide them upon a hot platter, and serve immediately.

SCALLOPED POTATOES. Cut four good-sized boiled or steamed potatoes into dice; put two tablespoonfuls of butter into a frying-pan, and, when melted, add two tablespoonfuls of flour; mix until smooth; then add one pint of milk, and stir continually until it boils, add a teaspoonful of salt, and three dashes of black pepper; take from the fire. Put a layer of this sauce in the bottom of a baking-dish, then a layer of potatoes, then another layer of sauce, and so on

until all is used, having the last layer sauce; sprinkle the top lightly with bread-crumbs, and put in the oven for fifteen minutes to brown. Serve in the dish in which it was baked.

CANDIED Pare the sweet potatoes, and cook ten minutes, in boil-
SWEET ing salted water; drain, cut in halves lengthwise, and
POTATOES. put in a buttered pan. Make a syrup by boiling one-
half cup of sugar, and four tablespoonfuls of water, for
three minutes; add one tablespoonful of butter. Brush potatoes with
syrup and bake fifteen minutes, basting with remaining syrup.



**APPLE
FRITTERS.**

Use two medium-sized sour apples, batter made of one and one-third cups flour, two teaspoonfuls baking-powder, one egg, one-fourth teaspoonful salt, two-thirds cup milk, powdered sugar. Pare, core, and cut apples in slices, and stir into batter. Drop by spoonfuls and fry in deep fat. Drain, and sprinkle with powdered sugar. Serve hot.

**BANANA
FRITTERS.**

Use four bananas, batter made of one cup flour, one-fourth teaspoonful salt, two-thirds cup milk, two eggs, one tablespoonful of melted butter; also one-third tablespoonful lemon-juice, three tablespoonfuls sherry wine. Remove skins from bananas; cut in halves lengthwise, and cut in two pieces crosswise. Sprinkle with powdered sugar, lemon-juice, and wine; cover, and let stand thirty minutes; drain, dip in batter, fry in deep fat, and drain. Sprinkle with powdered sugar.

**TOMATO
FRITTERS.**

Take one can tomatoes, one-fourth cup sugar, five cloves, three slices onion, one teaspoonful salt, one-third cup butter, one-half cup corn-starch, and one egg. Cook the tomatoes, cloves, sugar, and onion for twenty minutes, rub through a sieve, and season with salt and pepper. Melt butter, and add corn-starch and tomato gradually; cook three minutes, and add egg slightly beaten. Then pour into a shallow buttered dish to cool. Cut in squares, or strips, roll in crumbs, fry in deep fat, and drain.

FILLET OF BEEF A LA HOLLANDAISE. Trim the short fillet of beef and cut into slices, one-half inch thick. Season with salt, and lay in pan with one-half cup of warmed butter. Squeeze the juice of a piece of lemon over them, and let stand one hour; then dip in flour, place in the double boiler, and cook for seven minutes over a brisk fire. Place the slices on a plate and pour a Hollandaise sauce around.

CHEESE CROQUETTES. Use one-fourth cup butter, one-fourth cup flour, two-thirds cup milk, yolks of two eggs, one cup mild cheese cut in small pieces, one-half cup of mild cheese grated, salt, and pepper. Make a thick sauce of the first three ingredients, and add yolks of eggs, and stir well; then add cheese. As soon as grated cheese melts, remove from fire and season with salt and pepper. Spread in a shallow pan, and cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper.

LOBSTER CROQUETTES. Use two cups of chopped lobster meat, one-half teaspoonful of salt, one-fourth teaspoonful of mustard, three grains of cayenne, one teaspoonful of lemon, one cup of thick white sauce. Add seasonings to lobster, then add thick white sauce. Cool, shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

DEVILED OYSTERS. Use one pint of oysters, one-fourth cup of butter, one-fourth cup of flour, two-thirds cup of milk, yolk of one egg, one-half tablespoonful of finely chopped parsley, one-half teaspoonful of salt, few grains of cayenne, one teaspoonful of lemon-juice, buttered cracker crumbs. Clean, drain, and chop oysters slightly. Make a sauce of butter, flour, and milk; add egg yolk, seasonings, and oysters. Arrange buttered oyster-shells in a dripping-pan, half fill with mixture, cover with buttered crumbs, and bake twelve to fifteen minutes in a hot oven.

INDIAN=MEAL PUDDING. For this dish, which is to be eaten with roast meat, scald two cups of corn-meal with boiling water. Add one teaspoonful of salt, one fourth of a cup of molasses, and two tart apples, cut into eighths and cored. Dissolve half a teaspoonful of soda in warm water, and add to the meal. Add more warm water to make a batter thin enough to pour. Pour into a greased pail, place it on a trivet in a kettle of boiling water. Cook three hours in boiling water.

CHEESE SOUFFLE. Use one-fourth cup of butter, three tablespoonfuls of flour, one-half cup of scalded milk, one-half teaspoonful of salt, three grains of cayenne, one-fourth cup of grated cheese, and three eggs. Melt the butter, and add flour, mix thoroughly, adding scalded milk, also add the salt and cheese. After removing from fire, add the beaten yolks of eggs. After the mixture is cool, cut and fold in beaten whites of eggs. Bake twenty minutes in a buttered bake-dish, and serve hot.

CURRY=POWDER. One pound pale turmeric seed, one-fourth pound cumin seed, one-fourth pound black pepper, one-half pound coriander seed, two ounces cayenne pepper, one-fourth pound Jamaica ginger, ten ounces caraway seed, one-fourth ounce cardamines. Purchase the ingredients of a first-class druggist. Additional heat can be obtained, by those who like very hot curries, if red Chile powder be added according to taste. Mix together all the ingredients well powdered, and place before the fire or in the sun, stirring occasionally. Keep in well-corked bottles.

INDIAN CURRY. Two large tablespoonfuls of curry-powder, a dessert-spoonful of salt, the same of black pepper, four onions, one-fourth pound butter, one and one-half pounds meat, one-half pint of milk, lemon-juice or Chile vinegar. Two large tablespoonfuls of curry-powder, a dessert-spoonful of salt, the same of black pepper. Fry and chop very fine four onions, then moisten the curry-powder with water, and put it in a stew-pan, with all the above ingredi-

ents, and a quarter of a pound of butter. Let it stew for twenty minutes, stirring all the time to prevent burning, then add one and a half pounds of cold or fresh meat, or any fowl or rabbit, cut into short, thick pieces, without fat, add half a pint of milk or good stock to make the curry thick. Boil all up at once, and let it stew gently for three or four hours. When ready, add lemon-juice or Chile-vinegar.

RICE Use two-thirds cup of rice, one and one-third cups of
COMPOTE hot milk, one teaspoonful of salt, and one-fourth cup
WITH of sugar. First wash the rice, and add one cup of
PEACHES. hot water, and steam for ten minutes; add the hot milk,
 salt, and sugar. Cook until rice is soft, and turn into
 a mold. When shaped remove to serving plate, and put on top cooked
 peaches. Color the peach syrup with fruit red, and pour around
 the rice.

CURRY Mutton, one onion, butter the size of an egg, curry-
OF MUTTON. powder, a little salt, a cup of cream. Slice a medium-
 sized onion, and put it with a large lump of butter in a
 saucepan; let it cook slowly for five minutes. Cut the mutton in neat
 pieces; sprinkle curry-powder over them, also a little salt, and just
 before putting in the saucepan pour a part of a cup of sweet cream over
 them. Let this all simmer gently for half an hour, so that the ingre-
 dients will become thoroughly mixed.

CURRIED One rabbit, one-fourth pound butter, one apple, two
RABBIT. onions, two tablespoonfuls curry-powder, one-fourth
 pint of cream, one pint stock, one lemon, a salt-spoonful
 of salt. Melt the butter over the fire, peel and chop the onions as
 fine as possible, then put them into the melted butter to fry a light
 brown. After the rabbit has been properly prepared for cooking, wash
 well and dry in a cloth, cut in pieces of equal size. After straining the
 butter from the onions, return the former to the stew-pan, put in pieces
 of rabbit, and allow to fry for ten or fifteen minutes, turning occasion-
 ally. Peel and core the apple, and chop as fine as possible. When

the meat is done add to it two tablespoonfuls of curry-powder and the salt, stirring for five minutes, then add the fried onion, chopped apple, and a pint of good stock. Allow to simmer for two hours, at the end of the time add the cream, squeeze the juice from the lemon into the stew-pan. It is then ready to serve. N. B.—Veal or chicken can be used, if preferred.

DRY A cauliflower, two onions, a sour apple, a pint of
FIJALAY shrimps, slices of cold mutton, two ounces butter, a
CURRY. large tablespoonful of curry-powder, a lemon, a small
 teaspoonful of salt. Pick a cauliflower into small pieces and well wash them; chop two onions and one sour apple, pick a pint of fresh boiled shrimps, cut some slices of cold mutton about half an inch thick, knead two ounces of butter with a large tablespoonful of curry-powder, and a small teaspoonful of salt. Put the butter, onions, and apple into a stew-pan, and fry till brown, then add the cauliflower and shrimps. Shake the saucepan frequently, and let it simmer for an hour and a half, adding the slices of mutton toward the end of the time, that they may be heated through. Finally, add the juice of a lemon. Place the slices of mutton round the dish with the cauliflower, etc., in the middle. Serve very hot, with a separate dish of boiled rice.

BOILED RICE Put the rice on the stove in cold water, and allow it to
FOR CURRY. come to a boil for a minute or two. Strain, dry, and put in stew-pan without lid at the back of the stove, to allow the steam to evaporate; shake into dish very hot; a few drops of lemon-juice put in directly after it boils, will make the grains separate better.

CURRIED Beef, two ounces butter, two onions, a tablespoonful
BEEF. of curry-powder, one-fourth pint milk, lemon-juice. Slice the onions and fry in butter a light brown, mix well with the curry-powder, adding the beef, cut into small pieces about an inch square, pour in milk, and allow to simmer for thirty

minutes, stirring frequently; when done, add lemon-juice. It greatly improves the dish to build a wall of mashed potatoes or boiled rice around it.

CURRIED EGGS. Six eggs, two onions, butter, a tablespoonful of curry-powder, one pint of broth, a cup of cream, arrowroot. Slice the onions and fry in butter a light brown, add curry-powder, and mix with the broth, allowing to simmer till tender; then put in cream, and thicken with arrowroot; simmer for five minutes, then add six hard-boiled eggs, cut in slices.

POTATO CURRY (1). Cold potatoes, onion, salt and pepper, curry-powder to taste, egg, bread-crumbs, and gravy. Mash cold potatoes with minced onion, salt, pepper, and curry-powder to taste; form into small balls with egg and bread-crumbs, fry crisp, serve with rich gravy flavored with curry-powder.

POTATO CURRY (2). Potatoes, onions, butter, curry-powder, a little stock, cream, lemon-juice. Fry some sliced raw potatoes and onions slightly in butter with a little curry-powder, then simmer until done in a very little stock; add some cream, butter, and lemon-juice before serving.

POTATO CURRY (3). Curry-powder, mashed potatoes, milk. Put a good pinch of curry-powder in mashed potatoes, allowing rather more butter and milk than usual. This last is a delicious accompaniment to cutlets.

DRY CURRY. A few onions, one-fourth pound butter, one and one-half pounds steak, a little flour, and curry-powder, salt to taste, juice of one lemon. Slice up a good-sized onion, and fry it a golden color in one-fourth pound of butter; cut up one and one-half pounds of fresh steak into pieces the size of dice. Dredge them well

with flour and curry-powder, add a little salt, and squeeze the juice of a lemon over them, then fry them lightly in the butter in which the onions have been previously cooked. Add all together, and stew gently in a saucepan for one-fourth hour.

CURRIED Lobster, cream, rice. Take the flesh of a lobster (or a
LOBSTER. tin of lobster does very well for this dish), make curry
gravy with plenty of cream; pour into a saucepan with
the lobster, warm it just to boiling point; serve with rice round.



**SELECTION
OF FLOUR.**

In no branch of modern chemistry has there been a more progressive movement than that indicated by the researches into the chemistry and economy of human foods. For many years past there have been experiment stations in operation all over the world for the purpose of determining the chemistry and economy of animal foods. Digestive experiments to determine the value of all kinds of food materials were made on various domestic animals, and the function of the foods digested were determined in a general way, the chief end of the researches and experiments being to find the cost of producing a pound of flesh or butter as the case might be. Gradually the results of these experiments became generalized into more or less fixed principles, which seemed to apply equally to animal and human digestion and nutrition. Many of the experiment stations, recognizing the importance of these principles to human digestion, have turned their entire energies in this direction, and experiments have been made and conclusions reached with which the non-scientific world is unacquainted, but which have important values from a nutritive and economic standpoint.

From the fundamental principles of food economy, it has been determined that there is quite a large difference in the value of different foods — both in the kinds and amounts of the nutritive material which they contain. It is essential for health that the foods shall supply the kinds and proportions of nutrients required by the body, and it is also important to obtain the material at the lowest cost. Chemists have made a broad classification of the different types of food required by the body as nutrients. These are known as fats, ash, carbohydrates, and pro-

tein. The term "fats" includes fat of meats, oils, butter, lard, etc.; "carbohydrates" is a term covering a number of substances, but the only members of it we are concerned with, are sugar and starch; "protein" refers to a class of substances which have nitrogen in their composition, and includes the white of egg, the flesh of fish, lean of meat, and gluten of wheat and covers an expressive term often used — flesh-formers.

The fats and carbohydrates supply heat to the body, and energy, or force. Ash supplies all parts of the body needing mineral salts, such as lime for the bones. The principal function of protein is to build muscular tissue, although it can also supply heat or energy. It has been decided beyond further question that neither the fats nor the carbohydrates can replace protein as a muscle-former. Protein, that is foods having nitrogen in their composition, can alone build muscular tissue, and the foods lacking the essential proportion of this substance required by the body are likely to cause disturbance to health and lay the foundation for sickness.

Extensive studies of the food materials purchased and consumed, and accurate determinations of the chemical composition of each part, have been made on groups of persons representing classes, and from these dietary studies and the principles and economy of human foods, certain physiological standards have been formed with which these studies are compared.

The conclusions drawn from dietary studies all over America, is that the food consumed by the people contains too little flesh-formers and too much of the fuel ingredients to adequately supply the needs of the body; the food should contain more protein. The difference in amount of protein contained in spring-wheat flours and winter-wheat flours offers an opportunity to increase the amount of protein in the daily food without increasing the cost. The term spring wheat generally means the wheat grown in Minnesota and the Dakotas, and is sown in the spring; while the so-called winter wheat is sown in the fall.

The average winter-wheat flours contain from nine to ten per cent. of gluten. The average spring-wheat flours contain from twelve to thirteen per cent. of gluten; this difference of three per cent. of protein constitutes a very important issue, as will be seen by the following

comparison: In one hundred pounds of the edible portion of sirloin steak, there are fifteen pounds of protein; in other terms, in one pound of sirloin steak, leaving out bones and skins, there is 2.4 ounces of protein, the rest is fat and water. This amount of protein can be expressed as 0.15 of the pound of steak. Bearing in mind these explanations and comments upon the lack of protein in the average dietary, we can compare the flours for protein : —

	Pounds of Protein.
100 pounds of spring-wheat flour.....	12.5
100 pounds of winter-wheat flour.....	9.5
Difference in favor of spring-wheat flour.....	3.0

Let us estimate this difference of protein in the form of sirloin steak costing ten cents per pound. Atwater shows that the protein of beef is of slightly higher nutritive value than the vegetable proteins, but ample allowance is made in taking ten cents as the basis of cost per pound for sirloin steak. One pound of sirloin steak contains 0.15 pounds of protein; this amount divided into the three pounds of protein in the spring-wheat flour is equal to twenty pounds of sirloin steak, which at ten cents per pound makes a difference of value of two dollars per hundred pounds of flour. Assuming both flours to cost three cents per pound, the difference due to protein value stands thus : —

	Spring-wheat flour.	Winter-wheat flour.
100 pounds at 3 cts.....	\$3.00	\$3.00
3 lbs. additional protein equal to 20 lbs. sirloin steak		
at 10 cts.....	2.00	0.00
Total.....	\$5.00	\$3.00

DAVID CHIDLOW.

STANDARD BREAD MAKING. To one quart of milk or water, add one cake of compressed yeast, and one teaspoonful salt; add flour to the thickness of batter, and let it rise overnight; then add enough Pillsbury's best flour to knead softly twenty minutes, or until it will not cling to the board, as it requires much more kneading than winter-wheat flour; let it rise in the pan, then make into small loaves, and let it rise again. Bake in a moder-

ate oven. Be sure and not let it stand in the oven after it is done, and you will have a most beautiful, sweet, white bread. This flour will work very much better by thoroughly drying it out. Let it set on the back of the stove, or some other warm place, twenty-four hours, and you will be surprised at the difference it will make in either bread or cake. Some good cooks keep a lot of dried-out flour on hand all the time and regard it a great secret.

MORNING BREAD. Pour one cup of boiling water into one cup of milk; when cool, stir in one cake of compressed yeast (dissolved into two tablespoonfuls cold water), one teaspoonful salt. Add Pillsbury's best flour to make a soft dough; turn on kneading board, and knead twenty minutes, or until it will not cling to the board. Set to rise for three hours; knead thoroughly, put in pans, and let rise one hour. Bake forty-five minutes. This will make three loaves, and is intended for morning bread making. Do not cover bread when removed from oven; it prevents the escape of gases. The temperature for bread raising should be 75° F.

FOUR LOAVES BREAD RECIPE. When it is possible to obtain fresh compressed yeast, an excellent bread can be made in five hours; the rapidity of the leavening or "raising" is advantageous, because less of the nutritive elements of the flour are lost than by following the long process. For four loaves of bread use three pounds (twelve cups) of Pillsbury's best flour, one pint milk scalded, one pint water, two teaspoonfuls salt, one cake compressed yeast dissolved into four tablespoonfuls cold water. When the milk and water have cooled, add the yeast dissolved, salt, and six cups flour. Beat this vigorously for ten minutes, add five cups flour, and turn out on the board. Use the last cup flour while kneading. Knead until the dough will not stick to the board, and the dough is elastic. Set in a warm place to rise for three hours. It should increase to double the bulk in the process of leavening. Dust the board lightly with flour, knead again, cut, and put into four pans, and let it rise for one hour. Bake for thirty-five to forty minutes.

Always warm the flour during the cold season, or dry it out. Temperature for bread raising is 75° F.

To test the heat of the oven put a piece of white paper in the oven, and let it remain until a buff color.

BROWN BREAD. Mix one-half cup each corn-meal and Vitos, add one and one-fourth cups graham flour, one-half cup molasses, one teaspoonful salt, three teaspoonfuls soda, and one and three-fourths cups lukewarm water. Mix thoroughly, pour into a buttered mold, and steam three and one-half hours. Attractive loaves of brown bread are made by steaming the mixture in one pound baking-powder boxes, when two hours is sufficient for the cooking.

MILK AND WATER BREAD. Use one cup scalded milk, one cup boiling water, one even tablespoonful lard, one even tablespoonful butter, one and one-half even teaspoonfuls salt, one yeast cake dissolved in one-fourth cup lukewarm water, six cups sifted Pillsbury's best flour. Prepare and bake as water bread. By using a whole yeast cake bread may be raised and baked in six hours. It is usually mixed in the morning, and bowl containing dough is placed in a pan of warm water, keeping water at a uniform temperature of from 95° to 100° F.—*Mrs. M. R. Garrett.*

WATER BREAD. Use two cups boiling water, one even tablespoonful butter, one even tablespoonful lard, one even tablespoonful sugar, one and one-half even teaspoonfuls salt, one-fourth yeast cake dissolved in one-fourth cup lukewarm water, six cups sifted flour. Put butter, lard, sugar, and salt into a large bowl without a lip; pour on boiling water; when lukewarm, add dissolved yeast cake and five cups of flour; stir until thoroughly mixed, using knife or mixing-spoon. Add remaining flour, mix, and turn on to a floured board, leaving a clean bowl; knead until mixture is smooth, elastic to touch, and bubbles may be seen under the surface. Return to bowl, cover with a clean cloth kept for the purpose, and a board.

Let rise overnight in a temperature of 65° F. In the morning cut down by cutting through and turning over dough several times with a case-knife. Cover and let rise again. Cut down, then toss on floured board, knead, shape into loaves, put into greased pans, cover, and let rise again to double its bulk; bake in a hot oven about one and one-fourth hours. Biscuits should bake about twenty minutes.—*Mrs. M. R. Garrett.*

ENTIRE WHEAT AND FLOUR BREAD.	Use one cup scalded milk, one cup boiling water, two even tablespoonfuls shortening (either beef dripping, butter, or lard may be used), one even tablespoonful sugar, two even tablespoonfuls molasses, one yeast cake dissolved in one-fourth cup lukewarm water, one and one-half teaspoonfuls salt, three cups entire wheat flour, three cups flour. Prepare and bake same as milk and water bread. The dough should be kneaded lightly, and if handled quickly, will not stick to the
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BISCUITS, ROLLS, MUFFINS, & CAKES



THE secret of biscuit-making is precision and despatch. The best cooks always say they simply throw their biscuits together; and certainly they are not long about it. The cause of success is that biscuits begin to bake before the effervescent qualities of the powder or soda are exhausted.

Rolls should be made into smooth balls, and rolled between the hands until three inches long.

For batter-cakes the ingredients should be put together overnight to rise, and the eggs and butter added in the morning.

FRENCH ROLLS. Two eggs, one-half pint of milk, one tablespoonful of yeast, one ounce of butter. Beat two eggs, and mix with them one-half pint of milk, and a tablespoonful of yeast; knead well, and let stand till morning; then work in one ounce of butter; mold into small rolls, and bake at once.

BUTTER ROLLS. One quart of flour, one-half teaspoonful of salt, two teaspoonfuls of baking-powder, one egg, one pint of milk, one tablespoonful of lard. Sift the flour, salt, and baking-powder together, rub in the lard cold, then add the egg and milk; mix as soft as possible. Roll it out one-half inch in thick-

ness, and cut with a plain, round biscuit-cutter. Dip them in melted butter, fold one third of each piece over the remainder, and bake in a quick oven for fifteen minutes.

VIENNA ROLLS. One quart of milk, one-half teaspoonful of salt, three teaspoonfuls of baking-powder, one tablespoonful of lard, one pint of milk. Mix into a dough easily to be handled without sticking to the hands; turn on the board, and roll out to the thickness of one-half inch, cut it out with a large cake-cutter, spread very lightly with butter, fold one half over the other, and lay them in a greased pan without touching. Wash them over with a little milk, and bake in a hot oven.

CINNAMON ROLLS. Save a piece of dough, about enough to make a loaf, out of your bread before you make it out for baking. To this dough add one egg, one tablespoonful of butter, one-half cupful of milk, one cupful of sugar, and one tablespoonful of cinnamon. Work thoroughly, make into rolls, and set to rise. When almost done, draw to the oven-door, spread lightly with butter, and cover with a mixture, made of three tablespoonfuls of butter, and one tablespoonful of cinnamon. Serve hot or cold.

BREAKFAST ROLLS. Two quarts of flour, one tablespoonful of sugar, one tablespoonful of butter, one-half cupful of yeast, one pint of scalded milk, or water if milk is scarce, and a little salt. Set to rise until light; then knead until hard, and set to rise, and when wanted, make in rolls; place a piece of butter between the folds, and bake in a slow oven.

PARKIN. One and three-fourth pounds of flour, one-half pound of oatmeal, four ounces of butter, two pounds of molasses, one teacupful of milk, six teaspoonfuls of baking-powder, one dessert-spoonful of ground ginger. Mix the dry ingredients well together, warm the molasses with milk (do not make it hot), and mix

the whole. Bake in a well-buttered tin, for one hour. Cut into squares before taking out of the tin. It should be one and one-half inches thick.

GRAHAM BISCUITS. One quart of water or milk, butter the size of an egg, three tablespoonfuls of sugar, two tablespoonfuls of baker's yeast, and a pinch of salt; enough white flour to use up the water, making it the consistency of batter-cakes, and as much graham flour as can be stirred in with a spoon. Set it away till morning; in the morning grease pan, flour hands; take a lump of dough the size of a large egg; roll lightly between the palms; let them rise twenty minutes, and bake in a tolerably hot oven.

SALLY LUNN. Two pounds of flour, one-half pound of butter, three eggs, one pint of milk, one-half gill of yeast, salt according to taste. Cut up the butter in the flour, and with your hands rub it well together; beat the eggs; add them gradually to the flour, alternately with the milk; stir in the yeast and salt. Bake it in an earthen mold, or iron pan, one hour.

BREAKFAST MUFFINS. Three eggs, one breakfast-cupful of milk, one tablespoonful of butter, melted, one tablespoonful of sugar, a pinch of salt, two heaped teaspoonfuls of baking-powder. Whisk the eggs, and mix with the milk; put the melted butter into a basin, with the above ingredients, mixing in flour enough to make a batter. Bake in round tins, and when almost done, wash the top of each with a feather, dipped in milk.

GRAHAM MUFFINS. One quart of graham flour, two teaspoonfuls of baking-powder, a piece of butter, the size of a walnut, one egg, one tablespoonful of sugar, one-half teaspoonful of salt, milk enough to make a batter as thick as for griddle-cakes. Bake in muffin-rings, about twenty minutes, in a quick oven.

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RICE Two cups cold boiled rice, one pint flour, one teaspoon-
MUFFINS. ful salt, one tablespoonful sugar, two teaspoonfuls
baking-powder, one-half pint milk, three eggs. Mix
into a smooth and rather firm batter, and bake as above.

OATMEAL One cup oatmeal, one and one-half pints flour, one tea-
MUFFINS. spoonful salt, two teaspoonfuls baking-powder, one pint
milk, one tablespoonful lard, two eggs. Mix smoothly
into a batter rather thinner than for cup cakes. Fill the muffin-rings
two thirds full and bake in a hot oven.

CRUMPETS. Two eggs, one teaspoonful each of salt and sugar, four
teaspoonfuls baking-powder, one quart milk, three pints
flour. Mix into a stiff batter, and bake in greased muffin-rings on a
hot greased griddle.

WAFFLES. Two eggs, one pint milk, one-half ounce butter, one-
half gill yeast, salt to taste, and flour enough to form
a thick batter. Warm the milk and butter together ; beat the eggs,
and add them by turns with the flour ; stir in the yeast and salt.
When they are light, heat your waffle-irons and butter them, pour in
some of the batter, and brown them on both sides ; butter them, and
serve them with or without sugar and cinnamon.

WAFFLES Three eggs, one pint milk, one teaspoonful butter, as
WITHOUT much flour as will make a batter. Beat the yolks and
YEAST. whites separately ; melt the butter, and while lukewarm,
stir it into the milk ; whisk the yolks very lightly, add
to them the milk and flour alternately ; beat it well ; lastly stir in the
whites, which should be whisked very dry. The batter should not be
beaten after the whites are in. Grease your waffle-irons after having
heated them ; fill them nearly full of the batter, close them, and place
them over the fire ; turn the irons so as to bake the waffle on both sides.
When done, take it out and butter it. These must be baked the
moment they are mixed.

RICE One gill rice, three gills flour, salt to taste, one ounce
WAFFLES. butter, three eggs, as much milk as will make it a thick batter. Boil the rice in a very little water until it is soft ; drain it and mash it fine. Then add the butter to the rice while it is warm ; whisk the eggs very light, the yolks and whites separately. Add the yolks to the rice, and as much milk as will form a batter. Beat the whole very hard, then stir the whites of the eggs gently into the mixture. Grease your waffle-irons, and bake them. If the batter should be too thin, add a little more flour.

ITALIAN Mix one pint each of milk and water and bring to a
BREAD. boil, add one teaspoonful salt, and sprinkle in gradually one pint meal and two tablespoonfuls of flour. Cook two hours. Pour to the depths of one-half inch in shallow pans to cool ; when cold, cut in round cakes ; put in overlapping rows in pan ; pour melted butter over, then grated cheese ; brown in oven.

CRACKERS One pint flour, one dessert-spoonful butter, a pinch of salt and milk enough to make a stiff dough. Beat well, stick, and bake.

BEATEN One quart flour, two and one-half ounces lard, one tea-
BISCUIT. cupful milk, one teaspoonful salt. Mix the greater part of the flour with the other ingredients and beat fifteen minutes, adding the rest of the flour by degrees. They require a steady heat, but not too hot an oven. They should bake one-half hour, otherwise they will be heavy and dark in the middle.

PUFF BISCUIT. One and one-half pints flour, three teaspoonfuls baking-powder and one teaspoonful salt, one tablespoonful lard, one and one-half cups milk. Chop the lard through the flour ; sift in salt, and add the milk. Roll out quickly, touching as little as possible. Cut in rather large circles ; spread one half of the circle with butter, then fold the other over it ; bake fifteen minutes. If you choose, you can sprinkle sugar on the top.

POP-OVERS. Beat three eggs just enough to mix, add one pint of milk. In another bowl mix one pint of bread flour, and one-half teaspoonful of salt. To the dry mixture add sufficient of the milk and eggs to mix to a batter, and beat until smooth. Now add the remainder of the liquid, and strain the thin batter through a fine sieve. Fill well-greased gem-pans or cups a little more than half full of the mixture, and bake in a moderate oven about forty minutes.—*A. R.*

CRULLERS. Take two cupfuls sugar, one cupful sweet milk, three eggs, and one tablespoonful butter; beat all together, then add a good pinch of salt, one teaspoon level full of grated nutmeg, one heaping full of cinnamon, and the grated rind of a lemon. Now mix thoroughly together three cupfuls flour and two heaping teaspoonfuls baking-powder; sift into the bowl containing the other ingredients, and mix them. Add enough more flour to give them the proper consistency for rolling out. Fry in hot lard, which must be exactly hot enough to insure success. If too hot, they are burned; if not hot enough, as is so often the case, your crullers slowly take up the lard and come out greasy and indigestible.

MUSH CAKES. One quart milk, one-fourth pound butter, flour enough to make a dough, salt according to taste, Indian meal sufficient to thicken the milk, one-half pint of yeast. Boil the milk, and stir into it as much Indian meal, mixed with cold milk, as will make a mush as thick as batter; add the butter and salt while the mush is hot; as soon as it becomes lukewarm, stir in the yeast and as much flour as will form a dough; cover it and stand it to rise. When light, make it out into biscuits, put them in buttered pans, and as soon as they rise again, bake them in a hot oven.

RYE BATTER CAKES. One pint of rye meal, milk, salt according to taste, one gill home-made yeast. Add enough lukewarm milk to the rye to make a thin batter, with salt; beat it well, then add the yeast; when they are light, bake them on a griddle, as buckwheat cakes.

BUCKWHEAT CAKES. One pint buckwheat flour, one quart water, salt according to taste, one gill home-made yeast. Mix the water (which should be lukewarm if the weather is cold) with the meal; add the salt and yeast; beat it well; when light, bake them on a griddle. Grease the griddle; pour on a little of the batter; spread it so as to form a cake about the size of a breakfast-plate; the cakes should be very smooth at the edges. When they are done on one side, turn them; when brown on both sides, put some butter on the plate, put the cake on it, butter the top, bake another and put on it, butter hot, and send them to the table. Buckwheat cakes are much better if they are sent to the table with only one or two on the plate.

PARKER HOUSE ROLLS. Use two cupfuls scalded milk, three even tablespoonfuls butter, two even tablespoonfuls sugar, one and one-fourth even teaspoonfuls salt, five and three-fourths cupfuls Pillsbury's best flour, one yeast-cake dissolved in one-fourth cupful lukewarm water. Add the butter, sugar, and salt to the milk; when lukewarm, add the dissolved yeast-cake, and three cupfuls of flour. Beat thoroughly, cover, and let rise until light. Cut down and add enough flour to knead. Let it rise again, toss on slightly floured board, knead, pat, and roll out to one third of an inch in thickness. Shape with biscuit cutter, first dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece. Brush over one half of each piece with melted butter, fold, and press edges together. Place one inch apart in buttered pan, cover, and let rise. Bake in hot oven twelve to fifteen minutes.—*Mrs. M. R. Garrett.*

CORN CAKE. Sift a quart of corn-meal into a pan, and make a well in the middle, and pour in a pint of warm water, adding one teaspoonful of salt; with a spoon mix the meal and water gradually into a soft dough; stir it very briskly for a quarter of an hour or more, till it becomes light and spongy; then spread the dough smoothly and evenly on a flat tin, and place nearly upright before an open fire; bake thoroughly, cut in squares, and serve hot.

BAKING-POWDER BISCUIT. Use two pints of flour, one tablespoonful of butter, three heaping teaspoonfuls of baking-powder, and one teaspoonful of salt; make a soft dough of sweet milk, knead as little as possible, cut out with the usual biscuit-cutter, and bake in a quick oven.

SOUR MILK BISCUIT. Rub into a quart of sifted flour a tablespoonful of butter, one teaspoonful of salt; stir into this a pint of sour milk; dissolve one teaspoonful of soda, and stir into the milk when you add it to the flour; knead it up quickly, roll it out nearly half an inch thick, and cut out with a biscuit-cutter; bake immediately in a quick oven.

POTATO CAKES. Ten potatoes, three tablespoonfuls of flour, one teaspoonful of baking-powder, one-half teaspoonful salt, one or two eggs, two teacupfuls of boiling milk. Peel and wash the potatoes, and grate them into a little cold water, then strain off water and pour on boiling milk, stir in eggs, salt, and flour mixed with the baking-powder; if agreeable, flavor with a little finely chopped onion; bake like any other pancakes, allowing a little more lard or butter. Serve with stewed or preserved fruit, especially with huckleberries.

BREAKFAST PUFFS. Use one cup flour, one cup milk, and one-half cup water. Mix milk and water; add gradually to flour, and beat until very light. Bake in small round iron gem-pans.

JOHNNY-CAKE. One pint corn-meal, one teacupful sugar, one pint milk, two eggs, one teaspoonful butter, salt to taste, one teaspoonful dissolved saleratus. Mix the butter and sugar with the meal; boil half the milk. Add the dissolved saleratus and the eggs, after they have been well beaten, to the remaining half of the cold milk. Pour the boiling milk over the meal and let it cool. Then add the cold milk and saleratus. Bake in a shallow pan.

JOHNNY-CAKE (2). One pint of flour, one pint of corn-meal (yellow is best), one pint of sweet milk, two large tablespoonfuls of molasses, a teaspoonful of salt, two well-beaten eggs, and two tablespoonfuls of melted butter. Beat thoroughly, and when ready to bake, add two heaping teaspoonfuls of baking-powder. Have your pans well greased and warm, and bake in a quick oven about twenty-five minutes.

COCOANUT BISCUITS. Six ounces cocoanut grated, nine ounces white sugar, three eggs. Whisk the eggs for about twelve minutes, then sprinkle in the sugar gradually, lastly the cocoanut; form with your hands into little pyramids; place upon white paper, and the paper on tins. Bake in a cool oven until slightly brown.

LEMON BISCUITS. One pound flour, one-half pound white sugar, one-fourth pound fresh butter, one ounce lemon peel, one tablespoonful lemon-juice, three eggs. Add the butter to the flour and rub fine with the hands; mince the lemon peel and stir it and the sugar into the former mixture; well whisk the eggs and lemon-juice, and thoroughly mix the whole. Drop from a spoon to a greased baking-tin about two inches apart. Bake for twenty minutes.

GRAHAM GEMS. Two tablespoonfuls sugar, one tablespoonful butter, well stirred together; add one coffee-cupful sweet milk, graham to make a stiff batter, then one well-beaten egg; salt-spoonful of salt and two teaspoonfuls good baking-powder. This makes a dozen gems. Bake fifteen minutes.

DELICIOUS ROLLS. One and one-half pints new milk, one cupful hop yeast, one-half teaspoonful salt, and flour for forming dough, which must be covered and left to rise overnight. In the morning add the whites of two well-beaten eggs, one-half cupful butter and flour, and knead the dough briskly for ten minutes; roll to

the thickness of one half an inch, cut in four-inch squares, brush the tops with sweet milk, and fold them over cornerwise; place them close together in buttered pans. Set in a warm place until light, when bake in a quick oven.

CHEESE STICKS. Mix well one-half cup of butter into one cup of flour, add one teaspoonful each of salt and sugar; mix with enough water to make a soft dough and roll out very thin. Have ready one-half cup of grated cheese, sprinkle a little on the dough with a very little cayenne pepper, and roll out again; do this until the cheese is all used up, then cut it into strips, lay in greased pans, and bake in quick oven.

JELLY ROLLS. Three eggs, one-half cupful butter, one and one-half teaspoonfuls baking-powder, two-thirds of a cup of pulverized sugar, one cupful flour, a little salt. Bake in shallow pans — a dripping-pan well buttered is good for this purpose; put in the dough till it is about one-half inch thick; take it carefully from the tins when baked, and lay on a cloth; spread jelly over it evenly with a knife; roll while hot; if this is not done, the cake will crumble.

RICE BISCUITS. One-half pound ground rice, five ounces white sugar, four ounces butter, two eggs. Well beat the butter; stir in gradually the ground rice and sugar; well whisk the eggs and add to the other ingredients. Roll out on the paste-board and cut into shapes with paste-cutter. Place upon greased tin and bake a quarter of an hour in a slow oven.

BAKING-POWDER BISCUIT. Use two cups flour, four even teaspoonfuls baking-powder, one and one-eighth even teaspoonfuls salt, one even tablespoonful butter, one even tablespoonful lard, three-fourths cup milk and water in equal parts. Mix and sift dry ingredients twice. Work in butter and lard with tips of fingers, add gradually the liquid, mixing with knife to a soft dough. Toss on a

floured board, pat and roll lightly to one-half inch in thickness. Shape with small biscuit-cutter. Place in buttered pan and bake in a hot oven from twelve to fifteen minutes. If baked in too slow an oven, the gas will escape before it has done its work.—*Mrs. M. R. Garrett.*

EMERGENCY BISCUIT. Use the preceding recipe with the addition of more milk, that mixture may be dropped from spoon without spreading. Drop by spoonfuls on a buttered sheet one-half inch apart. Brush over with milk, and bake in a hot oven eight minutes.

COFFEE ROLLS. Scald and cool one cupful milk, add two yeast-cakes, one-fourth cupful egg yolks, one-half cupful whole eggs, two-thirds cupful butter, one-half cupful sugar, one-half teaspoonful lemon extract, four and two-thirds cupfuls flour. Beat thoroughly, let rise six hours, and then keep on ice overnight. Toss on a board, roll and shape, let rise until light, and bake in a moderate oven. Brush over with sugar and water after baking.—*Mrs. M. R. Garrett.*

STANDARD BISCUIT RECIPE. Into one quart flour rub two teaspoonfuls good baking-powder, with salt to taste. Put in one tablespoonful shortening, and add milk or water enough to make a very soft dough. After the whole is well mixed, roll out, using a little dry flour, cut into small biscuits, and bake them in a hot oven twelve minutes. Dough will be stiff enough if mixed with a spoon. Bake as soon as they are ready, so that the power of the baking-powder will not be lost. Always be sure your yeast and baking-powder are fresh and of good quality.

FRIED VITOS. To two cups boiling water, add one-half teaspoonful salt, and stir in gradually one-half cup Vitos. Let boil two minutes, then cook in double boiler thirty minutes. Pack in a baking-powder box which has been dipped in cold water; cover, and

let stand until cold. Remove from box, cut in thin slices, and fry in an iron pan, using a small quantity of fat. Cook slowly, that it may be crisp, and brown. Serve with maple syrup, or as an accompaniment to meats.

QUICK VITOS Mix one cup of flour, one-half cup Vitos, two table-
MUFFINS. spoonfuls sugar, three and one-half teaspoonfuls ba-
king-powder, and one-fourth teaspoonful salt. Add
one egg well-beaten, three-fourths cup milk, and two table-
spoonfuls melted butter. Bake in buttered gem pans twenty to twenty-five
minutes.

VITOS Melt two tablespoonfuls butter in one-half cup scalded
WAFERS. milk. Add one-fourth cup Vitos, cool, and add two
tablespoonfuls sugar, one-half teaspoonful salt, and one
cup flour. Roll on a floured board, as thinly as possible, and cut
into strips four and one-half inches long by one and one-half inches
wide. Place on a buttered sheet; bake in a moderate oven until deli-
cately browned. The measurements in the above recipes are all level.
A tablespoonful is measured level.

SOUR MILK Two and one-third cups flour, one-half teaspoonful salt,
GRIDDLE two cups sour milk, one and one-fourth teaspoonfuls
CAKES. soda, one egg. Mix and sift flour, salt, and soda.
Add sour milk, then egg well beaten. Drop by spoon-
fuls on a greased hot griddle; cook on one side. When puffed, full of
bubbles, and cooked on edges, turn and cook other side. Serve with
butter and maple syrup.—*Mrs. M. R. Garrett.*

PIN-WHEEL Use two cups flour, four even teaspoonfuls baking-pow-
BISCUIT. der, three-fourths teaspoonful salt, two even table-
spoonfuls sugar, two even tablespoonfuls butter,
three-fourths cup milk, one-third cup raisins stoned and chopped, two
even tablespoonfuls citron finely chopped, one-third teaspoonful cinna-

mon. Mix and sift dry ingredients twice. Work in butter with tips of fingers; add gradually the milk, mixing with a knife. Toss on a floured board, roll to one-fourth inch in thickness, brush over with melted butter, and sprinkle with fruit, sugar, and cinnamon. Roll like a jelly roll; cut off pieces three-fourths inch in thickness, place on buttered tin and bake in hot oven fifteen minutes.—*Mrs. M. R. Garrett.*

WHITE MOUNTAIN MUFFINS. Use one-fourth cup butter, one-fourth cup sugar, two eggs, one cup milk, three even teaspoonfuls baking-powder, one-fourth teaspoonful salt, two cups flour. Cream, butter, add sugar gradually, then milk, and eggs well-beaten; then flour, baking-powder, and salt. Bake in hot buttered gem pans twenty-five minutes.—*Mrs. M. R. Garrett.*

FLANNEL CAKES. Mix one cup flour and one teaspoonful salt. Scald two-thirds cup milk, and when lukewarm, add one yeast cake; as soon as yeast cake is dissolved, add to the dry ingredients. Stir until thoroughly mixed, cover, and set to rise. When well risen, which will be in about one hour, add three-fourths tablespoonful melted butter, and one egg, yolk and white beaten separately. Cook in muffin-rings on a hot greased griddle, turning when cooked on one side. Serve on each cake a poached egg. The cakes should be cooked slowly, the griddle being drawn to the back of the stove during the cooking.—*Mrs. M. R. Garrett.*

SWEET ROLLS. Use one cup milk, one yeast cake dissolved in one-fourth cup lukewarm water, one-fourth cup sugar, one and one-half cupfuls flour, yolk of one egg, one egg, one and one-fourth even teaspoonfuls salt, one-eighth teaspoonful mace, one-fourth cup melted butter. Scald milk; when lukewarm, add dissolved yeast cake, and one and one-half cups flour; beat well, cover, and let rise until light. Add sugar, salt, eggs well beaten, mace, butter, and enough more flour to knead. Knead, let rise again. Roll in

a long strip, to one-fourth inch thickness, brush with butter, roll up like a jelly roll, and cut in one-inch pieces. Place in pan close together, flat side down. Bake.

ENTIRE- WHEAT GRID- DLE CAKES. One-half cup entire-wheat flour, seven-eighths cup flour, three teaspoonfuls baking-powder, one-half teaspoonful salt, three tablespoonfuls sugar, one egg, one and one-fourth cups milk, one tablespoonful melted butter. Mix and sift dry ingredients. Beat thoroughly, add milk, and pour slowly on dry ingredients.

RAISED VITOS MUFFINS. Mix one cup cold, cooked Vitos with two and one-half cups flour. Add one-fourth cup sugar, and one-half teaspoonful salt. Work with the tips of the fingers until thoroughly blended, then add three-fourths cup scalded milk cooled until lukewarm, and one-fourth yeast cake dissolved in one-fourth cup lukewarm milk. Beat thoroughly, cover, and let rise overnight. In the morning fill buttered iron gem pans two-thirds full of the mixture. Let stand on back of range until mixture rises to fill pans. Bake in a moderate oven twenty-five to thirty minutes.

LADY FINGERS. Use whites three eggs, one-third cup powdered sugar, yolks two eggs, one-eighth teaspoonful salt, one-fourth teaspoonful vanilla, five even tablespoonfuls flour. Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating. Then add yolks of eggs beaten until thick and lemon colored, and flavoring. Cut and fold in flour, mixed and sifted with the salt. Shape and bake.—*Mrs. M. R. Garrett.*

JELLY ROLL. Use three eggs, one cup sugar, one-half tablespoonful milk, one even teaspoonful baking-powder, one-fourth teaspoonful salt, one tablespoonful melted butter, one cup flour. Beat eggs until light, add sugar gradually, milk, flour sifted with baking-powder and salt, then butter. Bake in dripping-pan twelve minutes in

a moderate oven. Take from oven, and turn on a paper sprinkled with powdered sugar. Spread with jelly which has been beaten. After cake has been rolled, roll paper around it, that it may better keep in shape. The work must be done quickly, or cake will crack in rolling. — *Mrs. M. R. Garrett.*



THE use of cereals of one kind or another for breakfast food is quite general. Preparations of wheat and oats are to be had in every grocery store. Wheat is of the first importance on account of its nutritive value, and because the whole product is a perfect food. It is made up of starch, sugar, gluten, gum, fatty matter, water, and salts. Oats stand at the head of all other grains in the amount of nitrogenous matter, which is the best material for producing working ability. Oats also produce flesh. Ordinary oatmeal requires two hours' steady cooking to make it digestible. One thing in general may be said of cereals: never be afraid of cooking them too long; any directions to the contrary notwithstanding. Corn, rye, barley, and rice are other cereals used for breakfast foods.

**CRACKED
WHEAT.**

Soak the wheat overnight in cold water, about a quart of water to a cup of wheat; cook the same as oatmeal; should be thoroughly done. Serve with sugar and cream.

OATMEAL.

Use one quart of boiling water, one teaspoonful of salt, four heaping tablespoonfuls of oatmeal. Put the oatmeal, water, and salt into a double boiler; stir until the salt is dissolved, and, if for breakfast, stand it on the back part of the fire over-

night. In the morning, place it over a hot fire, and let it boil one hour without stirring. Then turn out carefully, so as not to break the grains. Serve with sugar and cream.

BOILED RICE. Use one cupful rice, two quarts boiling water, one tablespoonful salt. Add the rice slowly to boiling salted water, so as not to check boiling of water. Boil thirty minutes, or until soft; old rice absorbs much more water than new rice, and takes longer for cooking. Drain in coarse strainer, and pour over one quart hot water; return to kettle in which it was cooked; cover, place on back of range, and let stand to dry off.

BOILED RICE. Use one cupful of rice, one quart of boiling water, one scant tablespoonful of salt. Wash the rice thoroughly and put in the double kettle with the salt and boiling water. Boil rapidly fifteen minutes; then pour off the water. Cover tightly, return to the fire, and cook twenty minutes longer. The water in the under boiler must boil rapidly all the time. Rice cooked in this manner will have every grain separate.

GRAHAM MUSH. Sift the graham meal into boiling salted water, stirring briskly until thick as can be stirred; serve with milk or cream and sugar. It will be improved by removing from the kettle to a pan, as soon as thoroughly mixed, and steaming three or four hours. It may also be eaten cold, or sliced and fried, like corn-meal mush.

HOMINY. Wash the hominy in one or two waters, then cover it with cold water, and let it come to a boil slowly. Let it simmer two or three hours. When the water evaporates, add hot water; when done, it may be eaten with cream, or allowed to become cold and warmed up in the frying-pan, using a little butter to prevent burning.

FARINA. Use one teaspoonful of salt to one quart of water or milk, and then sift in slowly sufficient farina to make a gruel. Stir, and boil slowly for thirty minutes. Serve with sugar and cream.

RYE MUSH. Use one quart of boiling water, one teaspoonful of salt, six tablespoonfuls of rye meal. Sift the meal into the boiling water, stirring all the while; add the salt; stir until it boils again; cover, and cook slowly one hour. Serve with sugar and cream.

TURKISH PILAF. Use one-half cup rice, one tablespoonful of butter, two cups of stewed tomatoes. Wash and drain the rice, and cook in butter until brown, add one cup of boiling water, and steam until the water is absorbed. Add the hot stewed tomatoes, cook until rice is soft, and season with salt and pepper.

VITOS (BREAKFAST CEREAL). To four and one-half cups boiling water add one teaspoonful salt, and stir in gradually one cup Pillsbury's Vitos. Let boil two minutes, while stirring; then cook in the double boiler thirty minutes. If time allows, the flavor is improved by longer cooking. With single boiler the cooking of Vitos may be accomplished in fifteen minutes, but the cereal is likely to become scorched, and the manner of cooking is wasteful.



CAKE is a mixture of eggs, sugar or molasses, flour, butter or cream, milk or water, fruit, soda, cream of tartar, and spices. Not all cakes have all these materials, but the variety of cakes is due to the ingredients used and the proportions of each.

For good cake it is of great importance to use no ingredients but those of the finest quality. The flour must be dry and sifted. It will be found a good plan, after purchasing currants, to wash in three waters, pick, and dry in a cloth. Raisins should be seeded and floured. Then look them over carefully, discarding any stone, stalk, or grit. Lay before the fire or in the sun to dry. Put by in a jar, and they will always be ready for use. Eggs should be well whisked, the whites and yolks beaten separately and strained. Butter must not be allowed to oil. Lemon peel should be cut as thin as possible. Sugar should be finely powdered. When soda is used, it is a good plan to dissolve it in warm water. When all the ingredients are mixed, vigorous and patient beating will greatly add to the lightness of the cake. The heat of the oven is of great importance for cakes, especially those that are large. If the oven is not very quick, the batter will not rise. Should you fear scorching, put some paper over the cake. If the fire is not long enough lighted to have a body of heat, or if it has become slack, the cake will be heavy. Have the oven ready to receive the cake as soon as it is mixed. The oven can wait for the cake, but the cake must never wait for the oven. Never move a cake in the oven until the center is thoroughly set. If anything is put in the oven while a cake is baking, it will surely fall. To know when the cake is done, take a

broom straw and pierce into the very center, draw it instantly out, and if the least stickiness adheres, put the cake back immediately and shut the oven.

Fine sugar should be used in cake making to give good texture. Cake-pans with movable bottoms are more easily managed, for they may be placed on a teacup and the rim will fall off. The milk in cake making should be added slowly. Butter the tins, then flour them.

PLAIN CURRANT CAKE. Take one-half pound flour, two teaspoonfuls baking-powder, one-fourth pound butter, one-fourth pound sugar, six ounces currants, milk. Rub the butter into the flour, add the other ingredients, and mix with milk into a moist dough. Bake in a well greased tin for about forty minutes.

SPONGE JELLY CAKE. Three eggs, four ounces sugar, one cup flour, one dessert-spoonful baking-powder, three tablespoonfuls boiling water. Mix the baking-powder with the flour, and beat each of the eggs separately. Then mix all the ingredients together, and bake in jelly-tins in a brisk oven. When cool, chocolate frosting put between the cakes makes them very delicious, or jelly, if preferred.

PLAIN FRUIT CAKE. One pound of flour, one-fourth pound of dripping, two teaspoonfuls of baking-powder, a little allspice, and salt, one-fourth pound of currants, one-fourth pound of white sugar, and one-half pint of milk. Mix into the flour, the baking-powder and salt, then with the hands, rub the dripping in the flour, until it resembles bread-crumbs. Add the currants, allspice, and sugar. Take care that the ingredients are well mixed; pour in the milk, and mix with a wooden spoon. Grease a quartern tin, and pour the mixture into it; bake one hour. To insure the cake being done, stick a piece of broom straw into it. This answers the same purpose as a knife, and is better, as the knife is apt to make the cake heavy. Turn the cake on end to allow the steam to evaporate.

PLAIN FRUIT CAKE (2). One pound of flour, one-half pound of raisins, four ounces of dripping, four ounces of white sugar, one teacupful of milk, one egg, two teaspoonfuls of baking-powder, a little salt, one ounce of lemon peel. Add to the flour the baking-powder and salt; rub the dripping into the flour with your hands. Take care it is well incorporated. Stone the raisins, grate the lemon rind, and with the sugar, add to the other ingredients. Well whisk the egg, and mix in the milk, adding to the mixture; thoroughly mix. Grease a cake-tin, and bake one hour. Proceed to test as above.

ECONOMICAL FRUIT CAKE. Five ounces of butter, two pounds of flour, one-half pound of sugar, one pound of currants, one gill of yeast, enough milk to make a thick batter, one tablespoonful of powdered cinnamon. Mix the flour, leaving out one-fourth pound, with the butter cut in small pieces, the sugar, cinnamon, and fruit; add milk enough to form a thick batter, and lastly stir in the yeast. Mix it overnight, and set it away to rise; in the morning stir in the remainder of the flour, and let it rise; when light, mold it out very lightly; butter your pan, and bake it in an oven about as hot as for bread.

AUNT PATTY'S EGG BREAD. Two cups white Indian meal, one cup cold boiled rice, three eggs well beaten, one tablespoonful melted butter, three cups sweet milk, one teaspoonful salt, and pinch of soda. Stir the beaten eggs into the milk, add meal, salt, butter, last of all the rice. Beat well a few minutes, and bake in shallow pan.

PLUM CAKE. One pound each of butter, sugar, and flour, ten eggs, one pound of raisins, one-half pound each of currants and sliced citron, one teaspoonful of ground cloves, one of mace, one nutmeg, the juice and grated peel of one lemon, one-half coffee-cup of molasses. Beat the butter till it is soft and creamy, then add the sugar. Beat the whites and the yolks of the eggs separately; stir the

yolks in with the butter and sugar; stir the flour in gradually (having first mixed one heaping teaspoonful of cream of tartar with it). When the flour is about half worked in, put in one-half teaspoonful of soda, dissolved in as little water as is possible to use; then add the whites of the eggs, and lastly the fruit, which is well covered with the rest of the flour. Bake in a large tin, with a buttered paper on the sides, as well as on the bottom; it will need to bake slowly for five hours. Then do not attempt to lift it from the tin, until it is perfectly cold. This cake should be made several days before it is used.

DELICIOUS COFFEE CAKE. Sift one and one-half pints of flour, with two teaspoonfuls of baking-powder. Cut in bits a heaping tablespoonful of butter, and mix it through the flour. Stir in a cupful of syrup, and mix it with cold coffee to the consistency of soft dough. Work into the dough a teaspoonful of ground cloves, one of cinnamon, and one of allspice, also half a pound of seeded raisins, and half a pound of currants well floured. Bake in oblong pans in moderate oven for an hour. This cake should stand about two days before cutting.

SEED CAKE. Ten ounces flour, two ounces sugar, two teaspoonfuls baking-powder, and one teaspoonful caraway seeds, one egg, three ounces butter, a little salt, and one-half glass milk. Mix the baking-powder and salt in the flour, rub in the butter also (with the hands). Add the sugar and caraway seeds, taking care thoroughly to blend them. Well whisk the egg and add the milk to it; add to the other ingredients and beat well for about ten minutes. Grease a baking-tin and pour the mixture in. It will take about one hour to bake.

RICE CAKE. Two handfuls rice, a little less than a quart of milk, sugar to taste, rind of lemon cut in one piece, a small stick of cinnamon, four eggs, a small quantity of candied citron. Pick and wash in two or three waters the rice, and put it to cook in the milk, sweeten to taste, add the lemon rind and cinnamon. Let the rice sim-

mer gently until it is tender, and has absorbed all the milk. Turn it into a basin to cool, and remove the lemon rind and cinnamon. Then stir into it the yolks of four eggs and the white of one. Add a little candied citron cut in small pieces. Butter and bread-crumb a plain cake-mold, put the mixture into it, and bake in a quick oven half an hour.

COOKIES. Take four cupfuls flour, two cupfuls sugar, one-half cupful butter, one-half nutmeg, three eggs, one teaspoonful soda, two teaspoonfuls cream of tartar, sufficient milk to make dough soft enough to drop on a tin. Mix the flour, butter, sugar, and spices together, add the eggs, dissolve the soda and tartar in the milk, and mix the whole well together. Drop dessert-spoonfuls on a greased baking-sheet, and bake in a good oven.

RICE CAKES. Eight ounces rice flour, four ounces white sugar, four ounces butter, three eggs. Work the butter to a creamy substance, add the sugar and flour, and mix in the well-whisked eggs. Roll upon pastry-board and shape into cakes with a cake-cutter. Bake in a slow oven.

QUEEN CAKES. One pound dried flour, one pound sifted sugar, one pound washed currants, one pound butter, eight eggs. Mix the flour, sugar, and currants; wash the butter in rose-water, beat it well, then mix with it the eggs, yolks and whites beaten separately, and put in the dry ingredients by degrees; beat the whole for one hour; butter little tins and put the mixture in, only filling half full, and bake; sift a little fine sugar over just as you put into the oven.

INDIAN LOAF CAKE. One pound Indian meal, one-fourth pound butter, two eggs, one-half pound sugar, one-fourth pound raisins, one-fourth pound currants. Cut up the butter in the Indian meal; pour over it as much boiling milk as will make a thick batter; beat the eggs very light; when the batter is cool, pour them

into it. Seed the raisins; wash, pick, and dry the currants; mix them with the raisins, and dredge as much wheat flour on them as will adhere to them. Stir the fruit into the batter, and add the sugar. Bake it in a moderate oven two hours.

GINGER CUP CAKE. Two cupfuls butter, two cupfuls sugar, one cupful molasses, one cupful cream, three eggs, one tablespoonful dissolved saleratus, four heaping cupfuls flour, one-half cupful ginger. Beat the butter and sugar to a cream; whisk the eggs light, and add to it; then stir in the other ingredients. Butter a pan or earthen mold, and pour in the mixture. Bake in a moderate oven, or it may be baked in queen-cake pans.

GINGER BREAD. Half pound moist sugar, two ounces ground ginger, one pound flour, one-half pound butter, one-half pound molasses. Put the butter and molasses into a jar near the fire; when the butter is melted, mix it with the flour while warm, and spread the mixture thin on buttered tins, mark it in squares before baking, and as soon as baked enough, separate it at the marks before it has time to harden. Time to bake, fifteen minutes.

DROP GINGER CAKES. Put in a bowl one cupful brown sugar, one cupful molasses, one cupful butter, then pour over them one cupful boiling water, stir well; add one egg, well beaten, two teaspoonfuls soda, two tablespoonfuls each of ginger and cinnamon, one-half teaspoonful ground cloves, five cupfuls flour. Stir all together, and drop with a spoon on buttered tins; bake in a quick oven, taking care not to burn them.

GINGER NUTS. One-half pound butter, one-half pound sugar, one pint molasses, two ounces ginger, two tablespoonfuls cinnamon, as much flour as will form a dough, one-half ounce ground cloves and allspice mixed. Stir the butter and sugar together; add the spice, ginger, molasses, and flour enough to form a

dough. Knead it well, make it out in small cakes, bake them on tins in a very moderate oven. Wash them over with molasses and water before they are put in to bake.

HONEYCOMB GINGER BREAD. Half pound flour, one-half pound coarsest brown sugar, one-fourth pound butter, one dessert-spoonful allspice, two dessert-spoonfuls ground ginger, the peel of one half of a lemon, grated, and the whole of the juice; mix all these ingredients together, adding about one-half pound molasses so as to make a paste sufficiently thin to spread upon sheet tins. Beat well, butter the tins, and spread the paste very thin over them, bake it in a rather slow oven, and watch it till it is done; withdraw the tins, cut it in squares with a knife to the usual size of wafer biscuits (about four inches square), and roll each piece round the fingers as it is raised from the tin.

YORKSHIRE TEA CAKES. Six handfuls flour, one egg, one ounce yeast, a piece of lard about the size of two eggs, a little salt, and about a pint of new milk. Mix the yeast with a little sugar, flour, and water. Rub the lard into the flour, and when the yeast has risen, stir it in with a little warm milk. Leave it to rise before the fire, then stir it all together with the rest of the milk warmed, and add to the egg beaten up. Knead it well together, and leave it to rise before the fire, but not too near; cover it with a cloth. When risen enough, knead it into cakes, let them stand before the fire until they rise, and bake in a moderate oven. Currant tea cakes are made by adding currants and a little brown sugar to the dough.

ALMOND BISCUITS. One-quarter pound almonds, one-half pound flour, one-half pound sugar, one-fourth pound butter, a very small egg. Blanch and mince the almonds, add them to the flour and sugar, moisten with the egg, and mix with the butter, previously melted. Roll out rather thin, cut with a biscuit-cutter, and bake for one-fourth hour.

METROPOLITAN CAKE. Light part : two cups sugar, three-fourths cup butter, one cup sweet milk, two and one-half cups flour, whites of five eggs, three teaspoonfuls baking-powder. Dark part : one-half cup molasses, one-half cup flour; one cup raisins, one teaspoonful cinnamon, one-half teaspoonful cloves, two large spoonfuls of the light part. Bake the light part in two cakes. Bake the dark part in one cake, and place between the two light cakes, with jelly or frosting.

VIRGINIA SILVER CAKE. Three-fourths pound butter; one pound white sugar, (loaf sugar pounded and sifted is the best here), three-fourths pound flour, one-fourth pound corn-starch, whites of eighteen eggs, one teaspoonful cream of tartar. Cream the butter, then sift the flour, corn-starch, and cream of tartar gradually into the butter; add last of all the beaten whites; flavor with almond. This cake requires much watching in baking, and a slow oven.

SPONGE CAKE. Five eggs, one-half pound loaf sugar, the grated rind and juice of one lemon, one-fourth pound flour. Separate the yolk from the whites. Beat the yolks and sugar together until they are very light; then add the whites, after they have been whisked to a dry froth; alternately with the flour stir in the lemon, put the mixture in small pans, sift sugar over them, and bake.

BLACKBERRY SHORTCAKE. Two quarts flour, three tablespoonfuls butter, two of lard, two and a half cups buttermilk or thick sour milk, yolks of two eggs, a teaspoonful of soda and salt. Mix the salt in the flour, then work in the shortening; beat the yolks of the eggs; dissolve the soda in a little hot water, and add to the above proportion of milk; add these to the first mixture; quickly make into a paste, roll out half an inch thick, having upper and under crust. Lay the paste in a well-greased baking-tin, cover thickly with berries, sprinkle with sugar, cover with the top crust. Bake about half an hour; cut into squares, and eat (splitting these open) with sugar and butter.

STRAW-BERRY SHORTCAKE. Butter, flour, strawberries, sugar, whipped cream. Make a rich, short crust with butter and flour, allowing one ounce more of flour than butter; bake in flat tins of equal size (the pastry when baked should be about an inch thick); open the shortcake, butter it well, and cover one half with a layer of strawberries previously mixed with sugar; have alternate layers of berries and pastry, finishing with the former, over which place a layer of whipped cream.

SPANISH SHORTCAKE. Three eggs, one-half cup butter, one cup sugar, two-thirds cup sweet milk, a little cinnamon, two cups flour, and one teaspoonful baking-powder. Stir the flour in, do not knead it; the eggs, butter, and sugar should be beaten together till very light; bake in a shallow tin; when it is done, spread a thin frosting over the top; make this of the white of one egg, a little pulverized sugar, and a teaspoonful of cinnamon; set it in the oven to brown.

SCOTCH SHORTCAKE. Four ounces white sugar, one-half pound slightly salted butter, one pound flour. Mix the flour and butter with the hands; then add the sugar, and work all into a smooth ball; then roll out until it is an inch thick; prick over with a fork and pinch round the edges, and bake for half an hour in an oven with a moderate fire, in a round or square pan, according to taste.

HICKORY-NUT CAKE. One and one-half cupfuls sugar, one-half cupful butter, a scant one-half cupful sweet milk, two cupfuls flour, three eggs, two teaspoonfuls cream of tartar, one of soda or three teaspoonfuls baking-powder. Bake in layers. Filling for same: one cupful sweet cream or milk; let it come to a boil; then stir in a tablespoonful of corn-starch, which has previously been wet with cold milk; sweeten to taste; let it just boil up; remove from the fire, and stir in one pint of pulverized hickory-nut meats. Flavor to taste, and when partially cool, spread between each two layers.

CHOCOLATE CAKE. One-half pound butter, yolks of twelve eggs, one-half pound white sugar, same of ground almonds, one-fourth pound chocolate, two tablespoonfuls cinnamon, one-half teaspoonful pounded cloves. Melt the butter and stir it until it froths, beat the yolks of the eggs and stir into the butter; add the sugar and pounded almonds, grated chocolate, cinnamon, and pounded cloves; beat well for fifteen minutes; then beat the whites of the eggs to a froth, and add these to the above mixture; butter the mold, and bake the above in a moderate oven for one and one-fourth hours.

SILVER CAKE. Three-fourths pounds sugar, one-half pound flour, one-fourth pound butter, whites of eight eggs, one heaped teaspoonful essence of bitter almonds. Cream the butter and sugar; whisk the eggs to a stiff froth and add; lastly the flour and flavoring. Flavor icing of this cake with rose-water.

COCOANUT CAKE. Six ounces butter, one pound sugar, one pound flour; one large cupful milk, one teaspoonful soda, two of cream of tartar. Rub the butter into the flour; add the flour and cream of tartar; well whisk the eggs; dissolve the soda in a little warm water, adding these to other ingredients. Bake in layers as for jelly cake. Icing to place between the layers: eight ounces white sugar, whites of two eggs. Well whisk the eggs and sugar, add the grated cocoanut, and place between the layers.

MARBLE SPICE CAKE. Three quarters of a pound of flour, well dried; one pound white sugar, one-half pound butter, whites of fourteen eggs, one tablespoonful cream of tartar mixed with flour. When the cake is mixed, take out about a teacupful of batter and stir into it one teaspoonful of cinnamon, one of mace, one of cloves, two of spice, and one of nutmeg. Fill your mold about an inch deep with the white batter, and drop into this, in several places, a spoonful of the dark mixture; then put in another layer of white, and add the dark as before; repeat this until your batter is used up. This makes one large cake.

SCOTCH SNOW CAKE. Seven ounces white sugar, one pound arrowroot, one-half pound butter, whites of seven eggs, any flavoring that is preferred. Beat the butter until like cream, and while beating, add gradually the arrowroot and sugar. When the whites of the eggs are beaten to a stiff froth, mix with the other ingredients, and beat for a quarter of an hour. Flavor to taste, pour into buttered mold, and bake for one and one-fourth hours.

WHITE BRIDE CAKE. Put one pound of butter into a basin, and beat it with your hand till it comes to a fine cream; add one and one-fourth pounds pulverized sugar, and beat together until it is fine and white; then add one pound sifted flour, give it a stir, and then add the whites of fourteen eggs; continue to beat it, and add another pound of flour and fourteen more whites; beat well; mix all together, paper your dish around the sides and bottom, put in your batter, and bake in a moderate oven.

SHREWSBURY CAKE. One pound sugar, pounded cinnamon, a little grated nutmeg, three pounds flour, a little rose-water, three eggs, melted butter. Sift the sugar, cinnamon, and nutmeg into the flour (which must be of the finest kind); add the rose-water to the eggs and mix with the flour, etc.; then pour in enough melted butter to make it a good thickness and roll out. Mold well, roll thin, and cut into such shapes as you like.

COCOANUT MACAROONS. Stir together the whites of two eggs, beaten, to one pound of dessicated cocoanut and one cupful powdered sugar. Work till it becomes a soft paste and drop in spoonfuls on a buttered tin. Bake in a slow oven.

CRACKNELS. One quart flour, one-half nutmeg, four eggs, four spoonfuls rose-water, one pound butter. Mix the flour, the nutmeg, grated, the yolks of the eggs, beaten, and the rose-water, into a stiff paste with cold water; then roll in the butter and make into

cracknel shape; put them into a kettle of boiling water, and boil them till they swim; then take them out, and put them into cold water; when hardened, lay them out to dry, and bake on tin plates.

**CORN-
STARCH
CAKE.**

Four eggs, whites only; one cupful butter, two-thirds cupful corn-starch, one-half cupful sweet milk, one cupful flour, two teaspoonfuls baking-powder, lemon or rose-water flavoring. Cream the butter and sugar thoroughly, either with the hand or a silver spoon; mix the corn-starch with the milk and add; then add the eggs, beaten stiff, next the sifted flour, into which the baking-powder has been stirred. Put into well-greased mold, and bake.

**NO-EGGS
CAKE.**

Use one and one-half cups of sugar, two cups of flour, one teaspoonful of baking-powder, one cup of milk, two tablespoonfuls of butter, one teaspoonful of flavoring. Beat the butter and sugar to a cream, add the milk and flour, and beat thoroughly. Add the salt, flavoring, and baking-powder; mix well, and bake in a moderate oven about thirty minutes.

**CREAM
CAKE.**

Use two eggs, one cup of sugar, two-thirds cup of cream, one and one-half cups of flour, two and one-half teaspoonfuls of baking-powder, one-half teaspoonful of salt, one-half teaspoonful of cinnamon, one-fourth teaspoonful of mace, one-fourth teaspoonful of ginger. Put the unbeaten eggs in a bowl, add sugar and cream, and beat thoroughly. Mix and sift remaining ingredients, then add to first mixture. Bake one-half hour in a shallow cake pan.

CUP CAKE.

Take two-thirds cup of butter, two cups of sugar, four eggs, one cup of milk, three and one-fourth cups of flour, four teaspoonfuls of baking-powder, one-fourth teaspoonful of mace. Put butter and sugar in a bowl, and stir until well mixed; add

eggs well beaten, then milk, and flour mixed and sifted with baking-powder and mace. Bake in individual tins. Cover with chocolate frosting.

POUND CAKE. Take one pound of butter, one pound of sugar, ten eggs, one pound of flour, one-half teaspoonful of mace, two tablespoonfuls of brandy. Cream the butter, add sugar gradually, and continue beating; then add yolks of eggs beaten until thick, whites of eggs beaten until stiff, flour, mace, and brandy; beat five minutes. Bake one and one-fourth hours in a slow oven; or if for fancy cakes, bake thirty to forty minutes in a dripping-pan.

ANGEL FOOD. Use one and one-half cups granulated sugar, one cup of sifted flour, whites of ten eggs, one teaspoonful of flavoring and one teaspoonful of cream of tartar. Put the cream of tartar into the sifted flour, and mix by sifting three or four times. Beat the whites of the eggs to a stiff froth, add the sugar, and mix carefully; then add the flour gradually, stirring all the while, and, last, the flavoring. Turn quickly into an ungreased pan, and bake in a moderate oven for forty-five minutes. Take from the oven, turn the pan upside down, and let it stand until the cake falls out.

ALMOND MACAROONS. Blanch and skin eight ounces of Jordan almonds and one ounce of bitter ones; dry them on a sieve, and pound them to a smooth paste in a mortar, adding occasionally a very little water to prevent them from getting oily; add to them five ounces pulverized sugar, one teaspoonful rice flour, and the whites of three eggs beaten to a stiff froth; put this on paper in drops the size of walnuts, bake in a slow oven until they are of a light color and firmly set; take them from the paper by wetting the under side of it.

JUMBLES. Use two cups of flour, one-half pound of butter, one teaspoonful of vanilla, one and one-fourth cups of powdered sugar, two tablespoonfuls of sherry wine, and three eggs. Beat

the butter to a cream; add the sugar gradually, beating until very light. Now beat the eggs all together, add to the butter and sugar, add the sherry, the vanilla, and last, the flour, sifted. Beat the whole well, and drop by spoonfuls on the bottom of a lightly greased baking-pan. Bake in a moderate oven until the edges are a light brown.

ANGEL CAKE. Use whites of eleven eggs, one and one-half cups of sugar sifted once, one cup flour, one even teaspoonful cream of tartar sifted four times, one teaspoonful vanilla. Beat whites until stiff and dry, add sugar, then flour and cream of tartar, then vanilla. Bake in an ungreased pan forty minutes.—*Mrs. M. R. Garrett.*

SNOW CAKE. Use three fourths of a cup of butter, two cups of sugar, one-half cup of milk, whites of eight eggs, one-half even teaspoonful of soda, one and one-half even teaspoonfuls cream of tartar, two and one-third cups flour. Cream butter and sugar, mix and sift twice the flour, cream of tartar and soda, add milk and dry ingredients alternately, then cut and fold in the whites of eggs beaten stiff.—*Mrs. M. R. Garrett.*

RIBBON CAKE. Cream well together one cup of butter, with two cups of sugar, five eggs beaten separately, one cup of milk, four cups of flour well sifted, with two teaspoonfuls of baking-powder. Flavor with vanilla. Take one third the cake batter and add one cup of chopped raisins and citron, and a little spice. Bake on two jelly tins, and place the fruit layer in the middle.

DUTCH APPLE CAKE. Beat thoroughly two tablespoonfuls of sugar with one tablespoonful of butter, one egg well-beaten, one-half cup milk, two cups of flour sifted, two heaping teaspoonfuls of baking-powder. Four large, juicy apples pared and cut into eighths, then place them into the dough in rows. Sprinkle sugar and a little cinnamon over the top, and bake thirty minutes.

RAISIN-CAKE. Use one-fourth cup of butter, one-half cup of sugar, one cup of molasses, one cup of sour milk, one and one-half even teaspoonfuls soda, one even teaspoonful salt, one even teaspoonful cinnamon, one-third teaspoonful cloves, three-fourths cup raisins, two and seven-eighths cups flour. Cream the butter, add sugar gradually, molasses, sour milk, and raisins. Mix and sift remaining ingredients, and combine mixtures. Bake in a deep pan fifty minutes.

WEDDING FRUIT-CAKE. Cream three quarters of a pound of butter, with one pound of sugar, ten eggs, one pint of molasses, one gill of brandy, one gill of Madeira wine, one pound of citron, three pounds of currants, four pounds of raisins, one-half ounce of mace, cinnamon, cloves, two nutmegs, one teaspoonful of salt, and four cups of Pillsbury's best flour. Bake in a moderate oven six to eight hours. This may be kept for one year, and be much improved.

BUTTERCUP CAKE. Cream one-half cup butter lightly, with one cup white sugar, the yolks of three eggs well beaten, one-half cup of milk, two cups of flour, sifted with two teaspoonfuls of baking-powder. Ice with yellow frosting.

CHOCOLATE CAKE. Use one cup butter, two cups sugar, three eggs, one cup milk, five even teaspoonfuls baking-powder, three ounces chocolate, melted, one even teaspoonful vanilla, two and one-half cups flour. Cream the butter, add sugar gradually, and yolks of eggs well beaten, then whites of eggs beaten stiff. Add milk, flour mixed with baking-powder and sifted, and beat thoroughly. Then add chocolate and vanilla. Bake forty minutes in a shallow cake pan.—*Mrs. M. R. Garrett.*

DOMINOES. Cut pieces of cake into oblong pieces size of a domino, dip in plain, white frosting, and when cold line and dot with melted chocolate. These are very pretty for children's parties.

WHITE DAISY CAKE. Cream one-half cup butter lightly with one cup fine white sugar, the whites of three eggs well-beaten and folded in the last thing, one-half cup milk, two cups of flour, sifted with two teaspoonfuls of baking-powder. Spread over a plain, white icing.

DOUGHNUTS. Use one-fourth cupful butter, one and one-fourth cupfuls sugar, three eggs, one cup milk, five and one-half cups flour, five even teaspoonfuls baking-powder, one-fourth teaspoonful nutmeg, one even teaspoonful salt. Cream butter and sugar, add eggs, then milk, then flour, baking-powder, salt, and nutmeg.—*Mrs. M. R. Garrett.*

PUFF-BALL DOUGHNUTS. Three eggs, one cupful of sugar, two cups of sweet milk, one teaspoonful of salt, half a nutmeg grated, six cups of flour, and two heaping teaspoonfuls of baking-powder. Beat all until very light. Drop by the dessert-spoonful into deep, boiling fat. These doughnuts, eaten fresh and warm, are a delicious breakfast dish and are very quickly made.

GOLDEN CORN CAKE. Use three-fourths cup corn-meal, one cup flour, four even tablespoonfuls sugar, four even tablespoonfuls baking-powder, one-half teaspoonful salt, one cup milk, two eggs, one tablespoonful melted butter. Mix and sift dry ingredients, add milk, eggs well beaten, and butter. Bake in shallow buttered pan in hot oven twenty minutes.—*Mrs. M. R. Garrett.*

MOLASSES FRUIT CAKE. Use one cup of butter, one cup of brown sugar worked well together; two cups of molasses, one cup of sour milk, one teaspoonful of soda (dissolved in the milk); one tablespoonful of ginger, cloves, cinnamon, and a little grated nutmeg. Add four eggs well beaten, and five cups of Pillsbury's best flour. Flour a cup of raisins and one cup of currants, add these last. Bake

WALNUT CAKE. Cream one-half cup of butter with one and one-half cups of sugar, one-half cup milk, three eggs beaten separately. Two cups of flour sifted with one and one-half teaspoonfuls of baking-powder. One cup of walnut meats chopped and dredged with flour.

PANCAKES. Use one cup rye meal, one cup flour, one cup sour milk, one even teaspoonful soda, three even tablespoonfuls sugar, one-half teaspoonful allspice, one-fourth teaspoonful salt. Mix and sift dry ingredients, then add the milk. Drop from tip of spoon in deep fat.—*Mrs. M. R. Garrett.*

DROP CAKE. Cream one cup of butter with one-half cup of sugar, two eggs, two cups of flour thoroughly sifted with one teaspoonful of baking-powder, one-half cup of milk, one cupful of raisins and currants, one teaspoonful of grated nutmeg. Drop into a well-greased tin, bake fifteen minutes.

COCOANUT CAKE. Cream together three fourths cup of butter, two cups of white sugar; then add one cup of sweet milk, four eggs, whites and yolks beaten separately, add yolks first to the creamed sugar and butter, then the whites, flavor with lemon or vanilla, mix and sift three teaspoonfuls of baking-powder into three cups of flour, bake in jelly tins.

FILLING.—Beat the whites of three eggs and one cup of powdered sugar to a stiff froth. When the cake is cooled, spread this on and sprinkle grated cocoanut over.

ELECTION CAKE. Use one-half cup butter, one cup bread dough, one egg, one cup brown sugar, one-half cup sour milk, two-thirds cup seeded raisins, one even teaspoonful salt, eight finely chopped figs, one and one-fourth cups Pillsbury's best flour, one-half teaspoonful soda, one teaspoonful cinnamon, one-fourth teaspoonful cloves, one-fourth teaspoonful mace, one-fourth teaspoonful

nutmeg. Work butter into dough, using hand. Add egg well beaten, sugar, milk, fruit dredged with two tablespoonfuls flour, and then flour mixed and sifted with remaining ingredients. Put into a well-buttered bread-pan, cover, and let rise one and one-fourth hours. Bake one hour in a slow oven.—*Mrs. M. R. Garrett.*

GOLDEN GINGER DROPS. Use one-half cup New Orleans molasses, one-fourth cup brown sugar, one-fourth cup butter, one egg, one and one-third cups flour, one-half cup boiling water, one even teaspoonful soda, one-fourth teaspoonful each cinnamon and cloves. Cream butter, add sugar, molasses. Mix and sift dry ingredients, except soda, which should be dissolved in the water. Add dry ingredients, then soda and water, lastly the beaten egg. Bake in gem-pan. Makes a nice dessert served with whipped cream.—*Mrs. M. R. Garrett.*

SWEET STRAW-BERRY CAKE. Cream well together one tablespoonful of butter, one cupful of sugar, three eggs well beaten, one-half cup of milk, two cups of flour sifted with two teaspoonfuls of baking-powder. This quantity will fill four plates. Three pints of strawberries, mix a cupful of sugar, and mash them a little. Spread the fruit between layers of cake. Cover the top with a meringue white of one egg, and one tablespoonful of powdered sugar. Save out the large fine berries, and arrange on top in the white frosting in a circle. This is delicious.

STRAWBERRY SHORTCAKE. Use two cups Pillsbury's best flour, four even teaspoonfuls baking-powder, three-fourths teaspoonful salt, one even tablespoonful sugar, three-fourths cup milk, one-third cup butter. Mix dry ingredients and sift twice. Work in butter with tips of fingers, and add milk gradually. Toss on a floured board, and divide into two parts. Pat, roll out, and bake ten or twelve minutes in two round layer cake-tins in a hot oven. When taken from the oven, spread with butter. Sweeten strawberries to taste, place on back of range until warm; crush slightly and put between and on top

of cake. Garnish with whipped cream. Apricots or peaches may be used in place of berries.—*Mrs. M. R. Garrett.*

PEACH BLOSSOM CAKE. Cream one-half cup of butter with one cup of powdered sugar, one-half cup of milk, the whites of three eggs well beaten, two cups of flour, with two teaspoonfuls of baking-powder well sifted. Flavor one teaspoonful of peach extract. Bake on two jelly tins, make a soft icing, and dust with pink sugar over layer, ice top and sides, and sprinkle pink sugar over.

ORANGE CAKE. Cream one-half cup of butter with one cup of sugar, half cup of sweet milk, three eggs beaten separately, whites added the last thing. Use two cups of flour thoroughly sifted with one and one-half teaspoonfuls of baking-powder. Bake on two square jelly tins.

ORANGE FROSTING.—Rind and juice of two oranges, the whites of three eggs, four cups of sugar. Whip the whites, add sugar, then juice and rind of two sour oranges.

LEMON CHEESE CAKE. Cream one-half cup of butter with two cups of sugar, three-quarters cup of sweet milk, the whites of six eggs, three cups of flour, sifted with three teaspoonfuls of baking-powder.

FILLING.—Grated rind and juice of two lemons, yolks of three eggs, half cup of butter, one cup of sugar; mix all together, and set on stove; cook until it thickens, stirring all the time, then spread between the layers.

RAISIN CAKE. Cream two-thirds cup of butter with one and one-half cups of fine sugar; two thirds of a cup of sweet milk, three cups of flour sifted with two teaspoonfuls of baking-powder, three eggs well beaten, one cup of chopped raisins well floured. Bake in quick oven.

CHOCOLATE LAYER CAKE. Use four even tablespoonfuls butter, one cup sugar, one whole egg and yolks of two; one-half cup milk, two even teaspoonfuls baking-powder, one and one-half cups flour. Cream, butter, and sugar; beat in thoroughly the eggs; add milk, then the baking-powder and flour.

FILLING AND FROSTING.—Whites of two eggs beaten stiff; one cup powdered sugar; two squares melted chocolate; one teaspoonful Burnett's vanilla.—*Mrs. M. R. Garrett.*

CARAMEL CAKE. Beat one cup butter to a cream; add gradually, beating all the while, two cups granulated sugar. Add one cup milk, one cup and a half of Pillsbury's best flour, and two-thirds cup of corn-starch. Beat the whites of seven eggs (add a salt-spoon of salt) to a stiff froth, and add it to the batter alternately with the flour and corn-starch. Two teaspoonfuls baking-powder and when well-mixed turn into two well-greased pans, and bake twenty-five minutes in a moderately quick oven.

CARAMEL MIXTURE.—Melt one-fourth pound of grated chocolate or cocoa over hot water. Mix with one-half pound of brown sugar, and one-half cup cream. Put in a saucepan over the fire and cook slowly until it hardens when dropped into cold water. Flavor with two teaspoonfuls of vanilla; then spread on cake.

ALMOND CREAM CAKE. Use one-half cup butter, two cups sugar, four eggs, whites and yolks beaten separately and very light, one cup water, three cups flour, three teaspoonfuls baking-powder, the juice and grated peel of one lemon. Cream the butter and sugar, add the lemon, the yolks of the eggs, water, flour, and the whites. Beat hard and bake in jelly tins.

FILLING.—One cup of milk, three teaspoonfuls of corn-starch, one egg, half cup sugar, half cup of almonds, blanchéd and chopped fine, one teaspoonful of vanilla. Heat the milk to a boiling-point, thicken with the corn-starch wet in a little cold milk, pour upon the whipped yolk of the egg, and sugar, and cook all together ten minutes. Take from the fire and when cool, add the flavoring and the almonds. Spread thickly,

between the layers of the cake. A simple icing may be made by using the reserved white, one tablespoonful of powdered sugar, lemon-juice or bitter almond flavoring.

PEARL CAKE. One cup butter and two cups sugar creamed, one cup corn-starch, one cupful sweet milk, whites of five eggs, two cupfuls flour, one teaspoonful orange extract, two teaspoonfuls baking-powder. Bake in square, deep tins. Ice with boiled frosting of one cup sugar, two teaspoonfuls water, and small piece of butter. Boil five minutes, stir until cool, and use quickly.

CURRENT JELLY CAKE. One-half cup butter, one cup sugar creamed, one-half cup milk, two eggs well beaten, two cups flour, two teaspoonfuls baking-powder, one teaspoonful lemon or vanilla. Bake in jelly tins, and when cool, spread on the filling.

SIMPLE LAYER CAKE. Cream half cup of butter; add one and a half cups of sugar, beating all the while until creamed. Add three fourths of a cup of milk, and two cups of flour, beat until very smooth. Beat the whites of four eggs to a dry froth; add to the batter two teaspoonfuls of baking-powder. Bake in jelly tins twenty minutes. This may be used for strawberries, or any desired filling.

ORANGE ICE CAKE. Ten eggs, one pound sugar, one-half pound flour, one large orange. Beat whites and yolks separately, add to the yolks and whites, the sugar, the grated rind of the orange as well as the juice. Bake as for jelly cake. To the whites of three eggs allow a pound and a quarter of powdered sugar, beaten stiff as for icing; take out enough to cover the top, and set aside; add to the remainder half the grated rind of one orange. When the cake is nearly cold, spread this between the layers. Beat into the icing reserved for the top, a little lemon-juice, and if needed more sugar. It should be stiffer than that spread between the layers.

PLAIN NUT CAKE. Use one-half cup butter and one cup sugar creamed, two eggs beaten separately, one-half cup milk, two cups flour, and two teaspoonfuls baking-powder, one cup chopped nuts.

DELICIOUS ALMOND CAKES. Use whites of six eggs, one pound of pulverized sugar, an ounce of ground cinnamon, a pound of almonds, blanched and chopped fine, and the grated rind of one lemon. Mix all together until quite stiff; roll moderately thin, using as little flour as possible; cut in the shape of stars, and bake in a very slow oven.

COCOA CAKE. Use one-half cup of butter, one cup of sugar, two eggs, three-fourths cup of milk, three tablespoonfuls of cocoa, one teaspoonful of vanilla, one and one-half to two cups of sifted flour, two teaspoonfuls of baking-powder. Rub the butter to a cream, add the sugar, beat well, add the beaten yolks of the eggs. Sift the baking-powder and cocoa with part of the flour, and add flour and milk alternately. Make the batter stiff enough to drop; add lastly the beaten whites of the eggs. Pour the mixture into a well-buttered pan, and bake in a moderate oven from thirty to forty minutes.

SNOWBALLS. One cup of butter, two cupfuls of fine white sugar, one cupful of sweet milk, three cupfuls of flour, two teaspoonfuls of baking-powder, whites of five eggs well beaten. Bake in deep square tins. The day after baking, cut in two-inch squares, cutting outside off so as to be purely white. Take each square on a fork, frost on all sides, and roll in freshly grated cocoanut.

GOOD CUP CAKE. Two cups sugar with one-half cup butter creamed, four eggs beaten separately, one cup milk, three cups flour sifted with three teaspoonfuls of baking-powder. Flavor with lemon, vanilla, or almond. Save out two whites for frosting.

PINEAPPLE CAKE. Cream one cup of butter with two cups of sugar, half cup of milk, six eggs beaten separately, three cups of flour, sifted with two teaspoonfuls of baking-powder, mix well, and bake on jelly tins. Make thick boiled icing, in which squeeze the juice of two oranges. Spread thickly over the layers of the cake, and sprinkle with grated pineapple.

PLAIN COOKIES. One cup sugar and one-half cup butter creamed, one egg, one-half cup milk, and three cups flour sifted with two even teaspoonfuls baking-powder. Roll dough out one-fourth inch thick, cut in rounds or fancy shapes. Bake ten minutes. Flavor with lemon, vanilla, or caraway seeds.

ROMAN TEA CAKES. One pound fine white sugar, one pound eggs, one and one-fourth pounds flour, sifted caraway seeds; mix as for almond cake. Then put the mixture into a cornucopia and drop it in small round cakes on to oiled tins, drop four or five currants on the top of each cake, and bake five or six minutes in a moderately hot oven.

WHITE FRUIT CAKE. Cream one pound sugar and one-half pound butter together; put in one pound flour, sifted with two teaspoonfuls baking-powder, one teacupful chopped citron, one teacup pounded almonds, one cupful seeded raisins, a small grated cocoanut, and the juice of one lemon; beat well and fold in gently the whites of ten eggs. Pour in a greased pan and bake. Ice with cocoanut icing.

CHRISTMAS CAKE. One-half pound sugar creamed thoroughly with one-half pound butter, three eggs beaten separately, one cup of sweet milk, one pound of flour sifted with two teaspoonfuls baking-powder, half pound currants, raisins, and chopped citron. Flavor with lemon. Mix all thoroughly together and bake in a moderate oven forty to sixty minutes.

LADY FINGERS. One cup sugar, one cup butter creamed, one-fourth cup sweet milk, one egg, two cups flour sifted with two even teaspoonfuls baking-powder. Flavor with lemon or vanilla, cut in little strips, roll in sugar, and bake in a quick oven.

AUSTRIAN PUFFS. Two ounces pounded almonds, two ounces clarified butter, two ounces sifted sugar, two tablespoonfuls flour, the yolks of two eggs, one-half pint cream. Flavor with rose- or orange-flower water. Beat all together, butter the pans, fill them only half full, and bake one-half hour in a slow oven

FEATHER CAKE. Sift three cups Pillsbury's best flour with three teaspoonfuls baking-powder. Cream two cups sugar, and one and one-half cups butter, add three well-beaten eggs, and two-thirds cup of milk, then the flour and powder. Beat thoroughly and bake thirty minutes.

SILVER CAKE. One and one-half cupfuls fine white sugar creamed with one half a cupful butter, three quarters of a cup sweet milk, two cupfuls flour sifted with three teaspoonfuls baking-powder, the whites of eight eggs beaten to a froth. Flavor with extract of almond. This will make one large loaf. Bake one hour.

GOLD CAKE. Made the same as silver cake, only using the eight yolks, and flavor with vanilla.

POUND CAKE. One-half pound flour, one-half pound butter well creamed (be careful to beat only one way) with one-half pound fine white sugar, four eggs. Beat the mixture twenty-minutes. Bake in a moderate oven.

SPICED LAYER CAKE. One cup butter, one pound sugar, one cup water, four eggs, two and one-half cups flour, one and one-half teaspoonfuls cinnamon, one and one-half teaspoonfuls cloves, one nutmeg, three even teaspoonfuls baking-powder. Cream the butter, add the sugar by degrees, then add the yolks of the eggs and beat well; now add the water and flour alternately, a little at a time, then the spices and baking-powder, and last the well-beaten whites of the eggs. Bake in jelly-tins, and spread between the layers and on top a soft icing.

DROP DOUGHNUTS. One cup sweet milk, two cups sugar, four eggs, a teaspoonful baking-powder, a teaspoonful cinnamon, and flour to make a stiff batter. Drop a large spoonful in boiling fat. Roll in sugar while hot.

BRIDE'S CAKE. One-half cup butter creamed with two cups fine white sugar, whites of five eggs beaten to a froth, one cup cold water. Mix all well together, then add three cups flour, two teaspoonfuls cream of tartar, and one teaspoonful soda. Flavor with almond.

ROSE CAKE. One-half cup butter, two cups white sugar, whites of four eggs well beaten, one cup sweet milk, one teaspoonful cream of tartar, and one-half teaspoonful soda, three cups flour. Flavor with lemon or rose, and sprinkle red sugar between the layers as you put in the pan.

FIG CAKE. One and one-half cups powdered sugar and one-half cup butter creamed, one and one-half cups sweet milk, whites of eight eggs, three cups flour thoroughly sifted with two teaspoonfuls baking-powder. Beat the eggs to a stiff froth and add the flour. Cut up the figs and let boil until a syrup is formed, spread on when cool. Flavor cake and frosting with vanilla, and spread figs between layers.

NUT COOKIES. Beat two eggs very light, add a pinch of salt, seven heaping tablespoonfuls flour, one-half teaspoonful baking-powder, one cup brown sugar, one cup chopped walnuts. Don't roll, but drop on buttered pans, and bake brown.

CHOCOLATE BARS. One cup grated chocolate, three eggs beaten light, one tablespoonful brandy, one cup sugar, one cup chopped almonds or walnuts, one large teaspoonful baking-powder, and enough flour to roll. Bake in a moderate oven, and when done, cut in strips or bars, and ice.

WHITE MOUNTAIN CAKE. Cream two-thirds cup butter with two cups sugar, the whites of seven eggs well beaten, two-thirds cup milk, two cups flour, two teaspoonfuls baking-powder, thoroughly sifted with the flour, and one cup corn-starch. Bake in jelly tins.

FROSTING.—Whites of three eggs and some sugar beaten together not quite as stiff as usual for frosting, spread over the cake, add some grated cocoanut; then put layers together; put cocoanut and frosting on top.

WASHINGTON LOAF CAKE. Cream together two scant cups of butter with three cups sugar, five eggs, one teaspoonful soda, one cup sour milk, three tablespoonfuls cinnamon, half a nutmeg grated, and two cups raisins, one cup currants, and four cups flour sifted. Mix as usual, stir fruit in at the last, dredged in flour. Pour in well-greased cake tin, and bake in oven at an even temperature.

FRUIT LAYER CAKE. Cream one cup sugar with one-half cup butter, two eggs, half cup wine, one cup raisins, one cup and a half flour, half a teaspoonful soda; put these ingredients together with care; bake it in three layers, and put frosting

FROSTING.—Whites two eggs, and two tablespoonfuls powdered sugar. Frost top as well. This is a new variety in cake-making.

CITRON Stir two cups butter to a cream, one pint powdered sugar, one quart flour, a teaspoonful salt, eight eggs, the yolks and whites beaten separately, and a wine-glass of brandy; then last of all, add one quarter pound of sliced citron, well floured. Pour into two well-greased and papered tins, and bake forty-five minutes.

LEMON CAKE. Cream half cup butter, with two cups sugar, the yolks of six eggs, and one whole egg, half a teaspoonful baking-powder, half a cup sweet milk, four cups flour sifted twice, the grated rind and juice of one lemon or one orange. Bake for several minutes, and pour into baking tin. Bake from thirty to forty



WHILE the making of the body of the cake is of the utmost importance, the frosting and filling must not be slighted in the least. Upon their success depends the flavor and beauty of the cake.

For frosting, the eggs should be cold, and they should be beaten on a cold platter. While the eggs are being beaten, the powdered sugar should be added gradually, thus giving a smooth, tender frosting, and one that will dry quickly. A little lemon-juice or a few drops of tartaric acid, added to the frosting while being beaten, makes it white and frothy. The principal flavors used are lemon, vanilla, rose, chocolate, orange, and almond.

EXCELLENT FROSTING. Boil together one cup granulated sugar and four table-spoonfuls hot water until it threads from the spoon, stirring often. Beat the white of one egg until firm; when the sugar is ready, set it from the stove long enough to stop boiling, then pour on to the egg slowly, but continually, beating rapidly; continue to beat until of the right consistency to spread on the cake, and flavor while beating. It hardens very quickly after it is ready to put on the cake, so it is best to have the white of another egg ready to add a little if it gets too hard to spread smoothly. Boil the sugar the same as for candy; when right for candy it is right for frosting; if at last it hardens very rapidly, it has been boiled too hard, but a little

white of egg will rectify it. Or if not boiled enough (that is, if it remains too thin after beaten until cold), put in pulverized sugar, adding a little and beating hard; then, if not just right, a little more, and beat again until thick enough. The one thing is to have the sugar boiled just right; if you hit that point, you will not have a bit of trouble; if not, it will require "doctoring." A good deal depends upon stirring the sugar into the white of the egg at first; if too fast or too slow it will cook the egg in lumps. If you should not get it just right at first do not be discouraged; when once you get it perfect, you will never make it any other way. This quantity is for one cake.

**PLAIN
FROSTING.**

Four eggs, one pound finely powdered white sugar, vanilla, strawberry, lemon, or any other flavoring. Beat well the whites of the eggs, adding the sugar to stiffen in small quantities; continue until you have beaten the eggs to a stiff froth; it will take about one-half hour if well beaten all the time; if not stiff enough then, add more sugar; spread carefully on the cake with a broad-bladed knife; to color icing yellow put the grated peel of a lemon (or orange) into a piece of muslin, strain a little juice through it and press hard into the other ingredients. Strawberry-juice or cranberry syrup colors a pretty pink color.

**PLAIN
FROSTING (2).**

The whites of two eggs, one-half pound castor sugar, and the juice of a lemon or a few drops of orange-flower water. Beat the mixture until it hangs upon the fork in flakes, then spread over the cake, dipping the knife in cold water occasionally; stand it before the fire, and keep turning the cake constantly, or the sugar will catch and turn brown. As soon as it begins to harden it may be removed. The icing must not be put on until the cake itself is cold; otherwise it will not set. A few drops of cochineal will color it if desired.

LEMON ICING. Squeeze the juice of two lemons into a basin with one-half pound of powdered white sugar, and beat it for a short time. If wanted pink, add cochineal.

EGGLESS ICING. Take one cupful confectioner's sugar and two tablespoonfuls water; beat thoroughly and spread on your cake, which should be ice-cold. The icing will whiten when it has stood a little while. You may color it with pink sugar or chocolate if you like.

ALMOND ICING. Put in a brass or copper pan four pounds moist sugar, with one pint of water. Boil eight minutes, draw off the fire, and mix two pounds ground sweet almonds, stirring till thick, then pour over the cake, and dry slowly.

CHOCOLATE ICING. One-quarter cake chocolate, one-half cup sweet milk, two dessert-spoonfuls corn-starch, one teaspoonful vanilla. Mix together the chocolate, milk, and starch; boil for two minutes, flavor with the vanilla, and sweeten with powdered white sugar to taste.

CARAMEL FROSTING. Use one cupful of brown sugar, one square of chocolate, scraped fine; one tablespoonful of water. Simmer gently twenty minutes, being careful not to let it burn. Spread on the cake while hot.

CREAM-PUFF FILLING. Use one-half pint milk, four eggs, four tablespoonfuls of sugar, one tablespoonful of corn-starch, and one teaspoonful of vanilla. Boil the milk in a double boiler. Beat the eggs and sugar together and add to them the corn-starch, and stir them into the boiling milk. Stir over the fire until thick, then add vanilla, and let cool. It is then ready to be put into the puff.

APRICOT FILLING. Cut the pared apricots into thin slices. Beat the whites of two eggs lightly, add four tablespoonfuls of powdered sugar, and then beat until stiff. It is then ready to be spread between the layers of the cake.

Strawberries, raspberries, or peaches may be used in the same

VANILLA FILLING. Use one teaspoonful of vanilla, the whites of two eggs, one and one-half cups of powdered sugar, and one cup of water. Boil the sugar and water until the sugar "threads." Beat the eggs until stiff, and stir in gradually the boiling syrup. Stir vigorously until cold and thick and add the vanilla. It is then ready to be built into the cake.

CREAM FILLING. Use three-fourths cup of sugar, one-third cup of flour, two eggs, two cupfuls of scalded milk, one teaspoonful of vanilla, and a little salt. Mix the sugar, flour, and salt, and add the slightly beaten eggs, and pour on slowly the scalded milk. Cook a quarter of an hour in a double boiler, stirring until thick. Let cool slightly and add the flavor. Lemon extract may be used instead of vanilla, using only one half the quantity. Coffee extract may be used in place of either lemon or vanilla, using about one-half more than is required of vanilla.

COCOANUT FILLING. Use the whites of two eggs, fresh grated cocoanut, and powdered sugar. Beat the eggs on a platter until stiff, adding enough powdered sugar to spread. Spread this icing over the cake, and sprinkle quickly with cocoanut.

FIG FILLING. Use one-half pound of figs, one-third cupful of sugar, one-third cupful of boiling water, and one tablespoonful of lemon-juice. Chop the figs up fine, and mix with the sugar and water. Add the lemon-juice, and cook in a double boiler until thick enough to spread.

FRUIT FILLING. Use four tablespoonfuls of finely chopped citron, four tablespoonfuls of finely chopped raisins, half a cupful of blanched almonds, chopped fine, also a quarter of a pound of finely chopped figs. Beat the whites of three eggs to a stiff froth, adding half a cupful of sugar; then mix thoroughly into this the whole of the chopped ingredients. Put it between the layers of cake when the cake is hot.



CONFECTIONS & FANCY CAKES



“ Whoe’er it was that first invented sweets
Was surely clever and deserves our praise ;
A book I’ll write on these delicious meats,
And to prepare them, tell the many ways.”
— *Joseph Whitton.*

MEN, women, and children — not to mention dogs and horses — like sugar, and the taste is entirely defensible.

Dr. William O. Krohn, of the Eastern Illinois Hospital for the Insane, in an article on the “ Partial Starvation of Children,” says : —

“ Parents do their children a great injury by denying sweets. The child requires a larger amount of sugar relatively than do grown persons, for the sugars assist in the processes of growth as no other food element can possibly do in its stead. By this we do not mean that a child should have free access to all the sweets, candies, and the like he can eat at any one time, but rather that each day a certain amount should be given to him, preferably at, or immediately after, each meal. If this is done, the child will not have the unnatural craving for sweets, in which he will indulge himself, if opportunity is offered.”

These white crystals, this frost of honey, feed the ever-burning flame of the body, supplying animal heat, which is life, and rousing the nervous energies like phosphates, or better than phosphates in some cases. Sugar contributes both animal heat and nervous force, and seems to be a transformation of the elements of heat, as the diamond is transformed carbon.

In the terrible retreat from Moscow, the few of Napoleon’s army who secreted a few pounds of sugar to eat were enabled to support the

intense cold. In tropical countries Europeans learned to drink *eau sucrée* before long walks as a preventive of sunstroke and paralysis, and the French Algerian troops carry sugar on their marches to enable them to withstand the desert heat. Persons with spinal inflammation and paralytic tendencies often have a craving for sweets, which is nature reaching instinctively for help, and indulgence in such cases is followed by improvement.

As much pure sugar, or sweets, as can be eaten without producing acidity is not only safe, but beneficial, for any one who craves it. Disturbance seldom follows in any ordinary case when the sweets are perfectly pure, and are taken at proper times, not nibbled constantly between meals.

Confectionery is one of the prerequisites of childhood, and as choice French candies are beyond the capacity of many a mother's purse, and cheap ones are often made unwholesome, if not positively dangerous, by adulteration, home-made candies have become very popular, many delicious and attractive varieties being as easily made as any other toothsome dainties. As a preventive of "graining," glucose (grape sugar or syrup) is much used in the manufacture of candy. But as it is not always convenient to procure, and often imparts a bitter flavor, the recipes here given are for the use of cream of tartar instead.

A preparation called "fondant" — made by removing boiled syrup from the fire just before it will harden — is the foundation of nearly all French candies, and when once the art of making this is mastered, a large variety of candies are easily made.

COLORINGS FOR CANDIES. Vegetable colorings are always to be used, the juice of blood beet for deepest red, cranberry juice tinging a delicate pink, and cochineal — the sole exception — giving a lovely rose. In coloring yellow, carrot juice or a very little yolk of egg answers better than gamboge. Spinach furnishes the best green, and is prepared by cutting fresh spinach into very small pieces and expressing the juice. A quarter ounce cochineal will color confectionery for a lifetime, and should be kept in a bottle

closely corked. One bug is used at a time, pounding it and pouring on two or three teaspoonfuls of boiling water, after which the liquid is bottled and will keep three months, only a drop or two being needed for any common quantity of confectionery or frosting. Blue is rarely used, and the drop of indigo needed will not hurt any one. The petals of yellow roses, infused in boiling water, yield a delicate dye which is charming with old-fashioned rose-water desserts.

**GENERAL
RULES FOR
MAKING
CANDY.**

Do not shake the pan while the syrup is boiling, or it may granulate.

Stir fondant constantly while melting, or it will become clear syrup.

Do not stir the syrup after the sugar is dissolved.

Do not allow the crystals to remain on the sides of the pan; wipe them away with a damp cloth.

Make your fondant the day before you intend to make candy.

Get all your materials ready before you begin to make candy.

Work up the odds and ends left over into tiny sweets.

Use only the best granulated sugar for boiling.

If the sugar grains, reboil it, and use for old-fashioned cream candy, or plain sugar taffy.

If the fondant grains, it is because it has been boiled too long. Add water and boil it again.

To cool candy, place it in a dry, cool place, but not in a refrigerator.

Keep candy in air-tight boxes.

FONDANT.

To one pound sugar add one-half pint cold water and one-fourth teaspoonful cream of tartar, and boil rapidly for ten minutes without stirring. Dip the fingers into ice-water, drop a little of the syrup into cold water, then roll it between the fingers, and if it forms a soft, creamy ball that doesn't adhere, it is done. If not hard enough, boil a little longer, and if too hard add a little water, boil up, and test again. Set aside in the kettle to become lukewarm, then stir the mass with a ladle until it is white and dry at the edge. It should then be taken out and kneaded, exactly as one would knead

bread dough, until it is creamy and soft. By covering with a damp cloth and keeping in a cool place it will keep well for several days, and several times this amount may be made at one time. In making several pounds it is better to divide the mass before kneading, and each part may be flavored differently.

CHOCOLATE CREAMS. Dust the molding-board with as little flour as possible and roll a piece of fondant into a cylindrical shape. Cut it into regular-shaped pieces, roll between the palms of the hands until round, lay on paraffin paper, and let harden until the next day. Melt a cake of chocolate in a rather deep vessel that has been set in a pan of hot water; add a piece of paraffin half as large as a walnut, the same amount of butter, and one-fourth teaspoonful vanilla. Roll the cream in this, by using a steel fork or crochet needle, and place again on paraffin paper.

NUT ROLLS. Take equal parts of walnut, butternut, or whatever variety of nut meats you prefer, and fondant, mix well, and form into a roll. Cover this with plain fondant, roll in granulated sugar, and let harden until next day, then slice crosswise.

MOLASSES NUT BALLS AND BARS. Boil two cupfuls brown sugar, one of New Orleans molasses, and one-half cup water until it will snap when tested in cold water. Take from the stove, add two cupfuls chopped walnut meats, stir until nearly cold, and then roll into balls between the palms of the hands; wrap in paraffin paper. For walnut or peanut bars boil together a cupful of New Orleans molasses, one of brown sugar, and half a cup of water. When it stands the test of water add a tablespoonful each of butter and vinegar. When it boils up remove from the fire, add three teacupfuls peanut or walnut meats, pour into buttered shallow pans, smooth the top, and when nearly cold cut in bars or squares with a buttered knife. Cocoanut bars are made in the same way, using fresh cocoanut that has been dried out two hours after being grated, or shredded cocoanut.

**CRYSTALLIZ-
ING SYRUP.** Any variety of bonbons made with fondant may be crystallized to make another attractive variety by the following process: Boil one and one-half pounds sugar and one-half pint water until it forms a thread that will snap easily. Remove from the fire, and when nearly cold sprinkle a tablespoonful of water on the top to dissolve the film. Have the candies in a shallow pan, pour the syrup carefully over, touching each part; cover with a dainty cloth, resting on the syrup to prevent the formation of a crust. After standing six hours, with a hat pin remove the candies, place on paraffin paper, spread a damp cloth over, and leave until dry.

JELLY ROLLS. Roll out evenly a piece of plain fondant, spread with any variety of fruit jelly or marmalade preferred, and when hard, cut into slices and crystallize as above.

CHOCOLATE Half pound Baker's chocolate, three pounds sugar, half
CARAMELS. granulated and half brown, the latter not too moist, one-half pound butter, one small cup milk. Mix the ingredients and boil until it hardens in cold water, which should be about twenty minutes. Stir all the time if you wish the caramels to be "crumbly."

ALMOND Boil together one-half pint water and one pound brown
TAFFY. sugar, for ten minutes. Blanch and slice through the middle one and one-half ounces almonds; stir them in the syrup with two ounces of butter. Let the mixture boil hard for ten minutes. Pour on a well-buttered dish to the thickness of one-half inch.

CANDIED Put one and one-half cupfuls of granulated sugar in a
ENGLISH saucepan with one-half cupful of water. Stir until the
WALNUTS. sugar is dissolved, then boil until the syrup will spin a short hair when dropped from the tines of a fork. Drop in one pint of shelled walnut meats, and when the sugar comes again to the boiling-point, take from the fire and stir until the syrup

changes to white candy, a portion of which will adhere to the nuts. Let stand until cool, then sift off the extra sugar. This may have half as much granulated sugar added to it, and boiled a second time.— *A. R.*

**COCOANUT
BONBONS.**

To the white of one egg and an equal quantity of water add enough pulverized sugar and grated cocoanut to enable you to make into balls; lay the balls on greased plates. Take two cups of sugar and one of water and boil until it creams, then add one teaspoonful of vanilla or rose-water; set the dish containing this mixture on another containing boiling water, so it will not get too hard; then roll the balls in it as you would chocolate creams, and lay on greased plates to harden.

**EVERTON
TAFFY.**

Put a pound of brown sugar in a buttered pan, together with three tablespoonfuls of water. Let it boil until it becomes a smooth, thick syrup. Add one-half pound of butter, stirring well. Let this boil one-half hour; add lemon flavoring.

**BUTTER-
SCOTCH.**

Use three cupfuls of New Orleans molasses, two cupfuls granulated sugar, three-fourths cupful butter, and a very little water. Cook quickly, about twenty minutes. Try a little in cold water, to see when it becomes crisp. Just before taking up add one-eighth teaspoonful baking-soda, well mashed and smooth. Pour into buttered tins, and cut as soon as it becomes perfectly cool.

**SUGAR
CANDY.**

Put in a shallow pan, three cupfuls granulated sugar, one-half cupful water, one-half cupful vinegar, and at the last, one-half tablespoonful butter, with one-half teaspoonful cooking-soda, dissolved in hot water. Cook quickly, without stirring, for one hour, or until it crisps in cold water. Pull while quite hot, with buttered finger tips, and continue pulling until the candy is white. Chop into small pieces.

CANDIED FRUIT. Boil one cupful granulated sugar, four tablespoonfuls water, two tablespoonfuls vinegar, and one-fourth spoonful soda. Avoid stirring. When the mixture is boiled to a syrup, dip into it cherries, grapes, pineapple, oranges, pears, etc. When well dipped, place the fruit on paraffin paper, and put in a warm place to dry. Chestnuts and filberts thus candied are delicious.

HOARHOUND CANDY. Hoarhound candy is a favorite cough remedy. To one quart of water add a small handful of hoarhound herb, and boil one-half hour. Strain, pressing all the liquid from the herbs. Add three pounds of brown sugar, and boil to the "hard crack." Put in a piece of butter as large as a walnut. When the butter is dissolved, pour the mass on a greased platter or marble slab. When almost cold, square off with a knife.

MOLASSES TAFFY. Boil together two cupfuls of brown sugar, one of New Orleans molasses, one-half cupful of water, and two tablespoonfuls of vinegar; when crisp, add a tablespoonful of butter, stir one minute, then remove from the fire, add one-half teaspoonful soda; when nearly cold, pull until a beautiful golden color.

FRENCH ALMOND ROCK. Put one pound of loaf sugar and a teacupful of water into a saucepan, stir it until the sugar is melted, take off the scum that comes to the top, and when boiled for one-fourth hour, add one tablespoonful vinegar or lemon-juice. Stir in sliced almonds, to taste, pour out on a well-buttered tin, and cut into slices.

LEMON CANDY. Into a bright, tinned kettle put three and one-half pounds of sugar, one and one-half pints of water, and a full tablespoonful of cream of tartar. Place over a hot fire, and stir until the lumps disappear. Boil briskly until the candy is hard and brittle when a little is thrown into cold water. Take the

candy from the fire and pour it on a large platter, greased with a little butter. When cooled sufficiently to be handled, add a teaspoonful of finely powdered tartaric acid, and the same quantity of extract of lemon; and work them into the mass. The acid should be fine and free from lumps. The mass must be worked enough to distribute the acid and lemon extract evenly, but no more, as too much handling destroys its transparency. It may now be formed into sticks or drops, or spread out flat on tins in thin sheets.

**MRS.
SENATOR
CULLOM'S
CANDY.**

Mix together the whites of two eggs, an equal quantity of cold water, and enough confectioners' sugar to make a stiff dough. It will require about two pounds. To prepare fruits and nuts, take seeds out of dates and fill with the cream; blanch almonds, and cover with cream.

Candied cherries are nice, taking little balls of the cream and putting a cherry on each. English walnuts are used in the same way as cherries.

**PEANUT
CANDY.**

Into a kettle holding four times the amount of molasses to be used, pour a convenient quantity of good New Orleans molasses. Boil over a slow fire half an hour, stirring all the time, and taking off the kettle if there is any danger of the contents running over. Do not let the candy burn. When a little dropped in cold water becomes quickly hard and brittle, add a teaspoonful of carbonate of soda, free from lumps, to every two quarts, stir quickly to mix, add as many peanut kernels as you can possibly stir in. Pour into greased pans, and with the flat side of a half lemon, press it down evenly. When partly cold, cut into bars.

**COCOANUT
KISSES.**

Beat together the whites of two eggs with as much granulated sugar as they will take up, making a rather stiff batter. Add a piece of butter the size of an English walnut, and half a teaspoonful of vanilla or lemon extract. When beaten perfectly smooth, add grated cocoanut, which should be fresh and carefully prepared. Stir in the cocoanut, beating for some minutes. Then drop the prepared confection upon buttered tins, and place them in a current of air to dry. Many confectioners put them at once

in the oven; but they sometimes spread out if the heat is applied too soon. They may remain in the oven until slightly brown, or may merely be allowed to heat through, and dry.

MOLASSES CANDY. Dissolve one cupful of sugar in one-half cupful of vinegar, mix with one quart of molasses, and boil, stirring often, until it hardens when dropped from a spoon into cold water; then stir in a piece of butter the size of an egg, and one teaspoonful of saleratus, the latter dissolved in hot water. Flavor to your taste, give a hard, final stir, and pour into buttered dishes. As it cools, cut into squares for "taffy," or, while soft enough to handle, pull white into sticks, using only the buttered tips of your fingers for that purpose.

"OLD-FASHIONED" MOLASSES CANDY. Into a kettle holding four times the amount of molasses to be used, pour a convenient quantity of good New Orleans molasses. Boil over a slow fire half an hour, stirring all the time, and taking off the kettle if there is any danger of the contents running over. Do not let the candy burn. When a little dropped in cold water becomes quickly hard and brittle, add a teaspoonful of carbonate of soda, free from lumps, to every two quarts, stir quickly to mix, and pour on greased platters to cool. When sufficiently cool, pull back and forth, the hands being rubbed with butter to prevent the candy from sticking to them, until the candy is of a bright yellowish brown color. If you wish, flavor with vanilla or lemon.

WALNUT CANDY. Walnut candy is made precisely the same as peanut candy, substituting walnuts for peanuts.

PEPPERMINT DROPS. The peppermint and wintergreen drops which follow the ice-cream course to prevent possible disturbance from chilling with the frozen dainties, are made of pure sugar with half the quantity of arrowroot used for the cream drops and essence of wintergreen or mint to taste, rolled on a marble slab and

cut out in disks the size of a quarter dollar. Confectionery is a pretty art for ladies, and a very convenient one where there are children with the traditional sweet tooth. And what adds more repute to a hostess's table than that it is furnished with tempting fresh bonbons of her own making?

LEMON DROPS. Make the same as peppermint drops, using a half teaspoonful of acetic acid instead of peppermint.

GINGER DROPS. Make the same as peppermint drops, using a teaspoonful of powdered Jamaica ginger instead of the peppermint.

MARSH-MALLOWS. Dissolve one pound clear white gum arabic in one quart water; strain, add one pound refined sugar, place on the fire. Stir continually until sugar is dissolved and the mixture becomes of the consistency of honey. Next add gradually the beaten whites of eight eggs; stir the mixture all the time until it thickens and does not adhere to the finger, pour into a tin slightly dusted with starch, and when cool, divide with a sharp knife.

BRANDIED CHERRIES Put some candied or conserved cherries to soak overnight in brandy. Drain them in the morning. Put some fondant into a small saucepan, stir until creamy, add a few drops of the brandy, remove the whole outfit to the table. Drop the cherries in, one at a time, and take them out with a candy dipper, and place on oiled paper to harden.

POPCORN BALLS. Put one-half bushel of nicely popped corn on a table, or in a large pan. Make a syrup with one pound of white sugar and a little water; when it has boiled until it slightly hardens on being tried with cold water, remove it from the fire, and add to it six tablespoonfuls of dissolved gum arabic, very

thick. The solution of the gum must be made with boiling water, and stand overnight. Saturate the corn with the mixture, by pouring it over different parts, and mix well together with the hands or a stick, then press it into balls very quickly, lest it sets before they are all made. This amount will make about one hundred balls.



A GOOD hand at pastry will use less butter, and produce lighter crust than others. Salt butter is very good, and if well washed makes a good, flaky crust. If the weather is warm, the butter should be placed in ice-water, to keep it as firm as possible; when lard is used, take care that it is perfectly sweet.

In making pastry, as in other arts, "practise will make perfect;" it should be touched as lightly as possible, made in a cool place, and with hands perfectly cool; if possible, use a marble slab instead of pastry-board; if the latter is used, it is better to procure it made of hard wood.

It is important to use great expedition in the preparation of pastry, and care must be taken not to allow it to stand long before baking, or it will become flat and heavy. A brisk oven will be required for puff-pastry; a good plan to test the proper heat is to put a small piece of the paste in before baking the whole. Be sure that the oven is as near perfection as possible; for an oven in which the heat is not evenly distributed can never produce a well-baked pie or tart; where there is an unequal degree of heat, the pastry rises on the hottest side, in the shape of a large bubble, and sinks into a heavy, indigestible lump on the coolest. Raised pie crust, should have a good soaking heat, and glazed pastry rather a slack heat. When suet is used, it must be perfectly free from skin, and minced as fine as possible; beef suet is considered the best.

All molds, pie-dishes, patty-pans, and vessels of all descriptions, used for baking or boiling, must be well buttered.

The outside of a boiled pudding often tastes disagreeable, which arises from the cloth not being nicely washed and kept in a dry place. It should be dipped in boiling water, squeezed dry, and floured when to be used. If bread, it should be tied loosely; if batter, tightly over. The water should be boiling briskly when the pudding is put in. Batter pudding should be strained through a coarse sieve when all is mixed. In others the eggs separately. A pan of cold water should be ready, and the pudding dipped in as soon as it comes out of the pot, and then it will not adhere to the cloth.

APPLE PUDDING BOILED. Suet or butter crust, apples, sugar to taste, a little minced lemon peel, two tablespoonfuls of lemon-juice. Butter a pudding mold, line with the paste, pare, core, and cut the apples into small pieces. Fill the basin, and add the sugar, finely minced lemon peel and juice. Cover with the crust, press the edges firmly, cover with a floured cloth. Tie securely, and plunge into boiling water. Allow to boil two hours. Remove from basin, and send to table quickly.

APPLE CHARLOTTE. Soak one-half box gelatin two hours in two small cups of cold water. Pare and steam eight medium-sized apples; when they are tender, press through the colander and add three cups of sugar, and the juice of one large lemon. Mix the gelatin with the hot apples, and stir until they are cold, then set on ice to harden. Serve very cold with whipped cream. This is an old English dainty.

CURRENT DUMPLING. One pound flour, five ounces beef suet, seven ounces currants, one glass of water. Mince the suet fine, mix with the flour and currants, which, of course, have been washed, picked, and dried; mix with the above proportion of water or milk, divide into dumplings about the size of an orange; tie in cloths, plunge into boiling water, and boil from one to one and one-fourth hours. Serve with butter and white sugar.

LEMON DUMPLINGS. Ten ounces fine bread-crumbs, one large tablespoonful flour, one-half pound finely chopped beef suet, the grated rinds of two small lemons, four ounces powdered sugar, three large eggs beaten and strained, and last of all, the juice of the two lemons also strained. Mix the ingredients well, divide into four dumplings, tie them in well-floured cloths, and let them boil an hour.

BAKED APPLE PUDDING. Ten apples, four ounces brown sugar, three ounces butter, four eggs, two and one-half breakfast cups of bread-crumbs. Pare and cut into quarters the apples, removing the cores. Boil them to a pulp. Well whisk the eggs, and put them and the butter into the apple pulp. Stir the mixture for five minutes. Grease a pie-dish, and place a sprinkling of bread-crumbs, then of apple, and proceed in this manner until all are used. Bake for three fourths of an hour. The top layer must be of bread-crumbs.

BATTER PUDDING. One and one-half cupfuls flour, one teaspoonful baking-powder, one-half teaspoonful salt, one tablespoonful butter, two eggs, one pint milk. Steam one hour and serve with sauce. Adding a cupful of raisins, or any other desirable fruit, either fresh or dried, to the above pudding, makes a most delicious dish.

BREAD PUDDING. Bread and boiling milk, allowing one-half pint to one pound soaked bread, two beaten eggs, a little nutmeg, sugar. Soak the bread in cold water, then squeeze it very dry, take out any lumps, and add the milk, beat up the eggs, sweeten to taste, add nutmeg, and bake the pudding slowly until firm. If desired, a few sultanas may be added to the pudding; or, if the bread is light, such as the crusts of French rolls, it may be soaked in as much cold milk as it will absorb, and when it is perfectly soft, have sugar, eggs, and flavoring added to it.

**CARAMEL
PUDDING.** A handful of white sugar, one-fourth pint water, yolks of eight eggs, one pint milk. Boil the sugar and water until of a deep brown color, warm a small basin, pour the syrup in, and keep turning the basin in your hand until the inside is completely coated with the syrup, which, by that time, will have set. Take the yolks of the eggs and mix gradually and effectually with the milk. Pour this mixture into the prepared mold. Lay a piece of paper on the top. Set it in a saucepan full of cold water, taking care that the water does not come over the top of the mold, put on the cover, and let it boil gently by the side of the fire for one hour. Remove the saucepan to a cool place, and when the water is quite cold, take out the mold, and turn out the pudding very carefully.

**CREAMED
SPONGE
CAKE.** Cut the top from a stale sponge cake loaf in one piece, one-half an inch thick. Dig and scrape the crumbs from inside of loaf and upper slice, leaving enough to keep the outside firm. Spread a thick layer of fruit jelly on the inside. Heat a cup of milk to a boil, stir in a tablespoonful of corn-starch wet with cold milk, and the cake crumbs rubbed fine. Stir until thick, take from the fire, beat in two whipped eggs and two tablespoonfuls of sugar. Make all into smooth batter; set in boiling water, on the range, and stir for five minutes after the mixture is really hot enough. Turn into a bowl, flavor with almond or vanilla, and let it get cold. Fill the cake with it, fit on the top, wash all over with whipped white of egg; sift powdered sugar evenly over it until no more will adhere to the surface, and let it harden.

**MARTHA'S
PUDDING.** One-half pint milk, one laurel leaf, a piece of cinnamon, one cupful bread-crumbs, three eggs, nutmeg, and lemon peel, one teaspoonful orange-flower water. Put the laurel leaf and cinnamon into the milk and boil, then pour over the bread-crumbs, add the eggs well beaten, the nutmeg, lemon peel, and flower-water. Sweeten to taste, butter a basin, stick currants or split raisins in rows upon it. Stir all the ingredients well together and pour into the basin. Cover with a cloth and boil one and one-half

CHOCOLATE PUDDING. One quart milk, fourteen even tablespoonfuls grated bread-crumbs, twelve tablespoonfuls grated chocolate, six eggs, one tablespoonful vanilla, sugar to make very sweet. Separate the yolks and whites of four eggs; beat up the four yolks and two whole eggs together very light with sugar. Put the milk on the range, and when it comes to a perfect boil, pour it over the bread and chocolate; add the beaten eggs, sugar, and vanilla; be sure it is sweet enough; pour into a buttered dish; bake one hour in a moderate oven. When cold, and just before it is served, have the four whites beaten with a little powdered sugar, and flavor with vanilla and use as a meringue.

BOILED CURRANT PUDDING. Fourteen ounces flour, seven ounces suet, seven ounces currants, a little milk. Have the currants washed and dried, mixed with the finely minced suet and flour. Moisten the whole with sufficient milk to form a stiff batter. Place in a floured cloth and plunge into boiling water. Boil four hours and serve with butter and sugar.

GINGER-BREAD PUDDING. Two ounces lard or butter, two tablespoonfuls brown sugar, two tablespoonfuls golden syrup, one egg, one teacupful milk, one teaspoonful ground ginger, eight ounces flour, one teaspoonful baking-powder. Work the butter and sugar together, then add the egg, beaten well, the ginger, syrup, and milk, and then the flour and baking-powder. Steam four hours.

CHERRY PUDDING One pint flour, one cup milk, butter the size of an egg, two eggs, one-half cup sugar, two teaspoonfuls baking-powder, a little salt, and a pint of cherries, which have been stoned. Boil one hour. If one has not a regular boiler, the batter may be turned into a five-pound lard pail, or any tin pail holding about two quarts. Cover tightly, and place in a large kettle of boiling water, which should also be covered. Never let the pudding stop boiling for a second until it is removed.

CARAMEL PUDDING. A handful of white sugar, one-fourth pint water, yolks of eight eggs, one pint milk. Boil the sugar and water until of a deep brown color, warm a small basin, pour the syrup in, and keep turning the basin in your hand until the inside is completely coated with the syrup, which, by that time, will have set. Take the yolks of the eggs and mix gradually and effectually with the milk. Pour this mixture into the prepared mold. Lay a piece of paper on the top. Set it in a saucepan full of cold water, taking care that the water does not come over the top of the mold, put on the cover, and let it boil gently by the side of the fire for one hour. Remove the saucepan to a cool place, and when the water is quite cold, take out the mold, and turn out the pudding very carefully.

CREAMED SPONGE CAKE. Cut the top from a stale sponge cake loaf in one piece, one-half an inch thick. Dig and scrape the crumbs from inside of loaf and upper slice, leaving enough to keep the outside firm. Spread a thick layer of fruit jelly on the inside. Heat a cup of milk to a boil, stir in a tablespoonful of corn-starch wet with cold milk, and the cake crumbs rubbed fine. Stir until thick, take from the fire, beat in two whipped eggs and two tablespoonfuls of sugar. Make all into smooth batter; set in boiling water, on the range, and stir for five minutes after the mixture is really hot enough. Turn into a bowl, flavor with almond or vanilla, and let it get cold. Fill the cake with it, fit on the top, wash all over with whipped white of egg; sift powdered sugar evenly over it until no more will adhere to the surface, and let it harden.

MARTHA'S PUDDING. One-half pint milk, one laurel leaf, a piece of cinnamon, one cupful bread-crumbs, three eggs, nutmeg, and lemon peel, one teaspoonful orange-flower water. Put the laurel leaf and cinnamon into the milk and boil, then pour over the bread-crumbs, add the eggs well beaten, the nutmeg, lemon peel, and flower-water. Sweeten to taste, butter a basin, stick currants or split raisins in rows upon it. Stir all the ingredients well together and pour into the basin. Cover with a cloth and boil one and one-half hours.

**CHOCOLATE
PUDDING.** One quart milk, fourteen even tablespoonfuls grated bread-crumbs, twelve tablespoonfuls grated chocolate, six eggs, one tablespoonful vanilla, sugar to make very sweet. Separate the yolks and whites of four eggs; beat up the four yolks and two whole eggs together very light with sugar. Put the milk on the range, and when it comes to a perfect boil, pour it over the bread and chocolate; add the beaten eggs, sugar, and vanilla; be sure it is sweet enough; pour into a buttered dish; bake one hour in a moderate oven. When cold, and just before it is served, have the four whites beaten with a little powdered sugar, and flavor with vanilla and use as a meringue.

**BOILED
CURRANT
PUDDING.** Fourteen ounces flour, seven ounces suet, seven ounces currants, a little milk. Have the currants washed and dried, mixed with the finely minced suet and flour. Moisten the whole with sufficient milk to form a stiff batter. Place in a floured cloth and plunge into boiling water. Boil four hours and serve with butter and sugar.

**GINGER-
BREAD
PUDDING.** Two ounces lard or butter, two tablespoonfuls brown sugar, two tablespoonfuls golden syrup, one egg, one teacupful milk, one teaspoonful ground ginger, eight ounces flour, one teaspoonful baking-powder. Work the butter and sugar together, then add the egg, beaten well, the ginger, syrup, and milk, and then the flour and baking-powder. Steam four hours.

**CHERRY
PUDDING** One pint flour, one cup milk, butter the size of an egg, two eggs, one-half cup sugar, two teaspoonfuls baking-powder, a little salt, and a pint of cherries, which have been stoned. Boil one hour. If one has not a regular boiler, the batter may be turned into a five-pound lard pail, or any tin pail holding about two quarts. Cover tightly, and place in a large kettle of boiling water, which should also be covered. Never let the pudding stop boiling for a second until it is removed.

GINGER PUDDING. Nine ounces flour, five ounces suet, five ounces sugar, one large tablespoonful grated ginger. Chop the suet fine, add to the flour, sugar, and vinegar; mix well. Butter a mold, and put the ingredients in perfectly dry. Cover securely with a cloth and boil three hours. To be eaten with sweet sauce.

ORANGE PUDDING. The rind of one Seville orange, six ounces fresh butter, six ounces white sugar, six eggs, one apple, puff paste. Grate the rind and mix with the butter and sugar, adding by degrees the eggs well beaten; scrape a raw apple and mix with the rest; line the bottom and sides of a dish with paste, pour in the orange mixture, and lay it over crossbars of paste. It will take half an hour to bake.

LEMON PUDDING. Two eggs, two cupfuls sugar, four tablespoonfuls corn-starch, two lemons, butter. Beat the yolks of the eggs light, add the sugar; dissolve the corn-starch in a little cold water, stir into it two teacupfuls of boiling water; put in the juice of the lemons, with some of the grated peel. Mix all together with a teaspoonful of butter. Bake about fifteen minutes. When done, spread over the top the beaten whites of the eggs, and brown.

CABINET PUDDING. One and one-half pints new milk, white sugar, one lemon, cinnamon, mace, cloves, five eggs, and the yolks of four, butter, four or five sponge cakes. Boil the milk with enough white sugar to sweeten it, the peel of a fresh lemon cut thin, the cinnamon, mace, and cloves. Boil these ingredients as for a custard. Beat up the eggs. Pour the boiling milk, etc., on to these, stirring continually, then strain the whole through a hair sieve and leave to cool. Take a good-sized pudding mold, butter it well, and line it with sponge cake cut into thin slices. Pour the custard into the mold and tie it close. It will take one and one-half hours to boil. It is an improvement, after buttering the mold and before placing the sponge cakes, to arrange some stoned raisins, slices of candied peel, and nutmeg. Serve hot with sauce.

**FAIRY
PUDDING.** Over one-half box gelatin pour one cup of cold water and let it soak one hour. Let one pint of rich milk come to a boil and add to it three well-beaten eggs and one-half cup of sugar; when it thickens, stir in the gelatin and in two minutes take from the fire and flavor with almond extract. Line a mold with stale cake, pour in the mixture and set away on ice. Whip one pint of cream and pile on the top; serve very cold.

**MARMALADE
PUDDING.** Two ounces lard or butter, two tablespoonfuls brown sugar, four ounces marmalade, one egg, one teacup milk, eight ounces flour, one teaspoonful baking-powder. Well mix the butter and sugar, then add the eggs well beaten, the marmalade and milk, then the flour and baking-powder. Steam four hours.

**BOILED
BATTER
PUDDING.** Three-fourths pound flour, three eggs, a pinch of salt, a pint of milk. Put the flour and salt in a basin and break the eggs in it and mix well. Then add the milk gradually, stirring well to make the batter smooth. Beat it with a wooden spoon for a few minutes, put it into a well-buttered basin, tie over with a well-floured cloth and boil for one and one-fourth hours.

FIG PUDDING. One pound flour, two ounces bread-crumbs, two ounces finely chopped suet, two ounces sugar, one egg, one-fourth pound figs, cut in slices. Flavor with nutmeg; mix all with milk, and boil two hours.

**OXFORD
DUMPLINGS.** Two ounces grated bread, four ounces currants, four ounces suet chopped fine, one large spoonful flour, one ounce pounded sugar, three eggs, grated lemon peel, and a little spice. Mix with the yolks of the eggs well beaten, and a little milk. Divide into five dumplings one-half inch thick, and fry a nice brown in plenty of lard. Serve with white sauce and sifted sugar on them.

HOLIDAY PUDDING. A plain sponge cake, strawberry jam, icing, a rich custard, some preserved ginger. Make the sponge cake in a round mold; take out the inside of the cake with a cutter, not too near the edge; put in a layer of strawberry jam, not too thickly spread. Cut the inside of the cake you have taken out in slices, spread some jam between each slice (different sorts of jam may be used, but strawberry does very nicely), and replace the cake. Ice it nicely over; put it into a very slow oven to try the icing. Then make the custard and pour into it small pieces of preserved ginger. Pour into the cake and serve hot.

STEAMED PUDDING. One cupful suet chopped fine, one cupful molasses, one cupful currants, washed and dried, one cupful sour milk, one teaspoonful soda, a little salt, flour. Mix well, using flour enough to make a stiff dough; pour into a mold, and steam four hours.

FRUIT PUDDING. Crust: one-fourth ounce suet to six ounces flour; pinch of salt, and water enough to make a thick paste; fruit and sugar. Make the crust of suet, flour, salt, and water; roll it out thin, before putting into a buttered basin, then add the fruit mixed with the sugar, except in the case of apples, which are sometimes hardened by boiling with sugar; put on a lid of paste, and boil the pudding one and one-half hours. Care should be taken to roll the crust thin, in order to get as much fruit as possible into the pudding. It is a good plan to stew a little fruit, and serve it with the pudding, as it should be given to children in large proportion to the crust.

STRAWBERRY SARACEN. Toast very thin slices of stale bread, and line the bottom and sides of a china dish with them, after buttering generously. Trim the bread to fit the dish neatly. Fill the space with strawberries, packed and heaped as full as the dish will hold; sift plenty of sugar all through and over them, and set the dish in a moderate oven for about half an hour. It will be found that

the berries melt a great deal, so they must be plentiful. Serve very cold with rich, thick cream. This is one of the most delicious desserts imaginable, notwithstanding that there are people who consider it almost a crime to cook strawberries in any way.

BAKED CUSTARD. Five eggs, five tablespoonfuls sugar, one quart milk, two teaspoonfuls almond or other flavoring extract.

Beat the whites and yolks of the eggs separately; to the yolks add sugar, then, a little at a time, the milk, next the flavoring, and lastly the whites of the eggs, stir well together and bake in thick cups set in a pan of water in rather quick oven until firm — this usually takes about thirty minutes.

MINCE PIES. The sooner the Christmas mince meat is prepared and set away to ripen, so much better will the pies made of it be. Take three pounds lean beef from the round, and boil it in enough water to cover it. When very tender, set it away till cold, and then chop very fine, carefully removing any piece of gristle or fat. Next weigh out five pounds greening apples; after peeling and coring them, chop fine, and add to the meat. Chop fine one pound kidney suet, and two pounds seeded raisins, and add to the above, with two pounds clean currants, three-fourths pound citrons, finely shredded, and four ounces each of candied orange and lemon peel (or the grated rind of two oranges, and two lemons), and the pulp of two oranges and two lemons, chopped and freed from seeds and tough bits. To these ingredients add enough sugar to sweeten to taste, also two even tablespoonfuls cinnamon, one tablespoonful mace, one tablespoonful allspice, and one tablespoonful cloves, together with a grated nutmeg, and a good teaspoonful salt. Now add enough sweet cider, to secure the right consistency — three pints or two quarts. Any fruit juice is an improvement, especially the juice from spiced pears or peaches. Some liberally disposed housewives contribute a jar of preserved strawberries, or raspberries, or cherries, to their pot of mince, which is a rare improvement. When all has been thoroughly mixed, place the stone pot containing the mince meat on the back of the range to warm slowly through, gradually moving it forward till it boils; then push it

away to cool. Keep in a cool place till wanted, and in making the pies sprinkle in about a dozen seeded raisins to each one.

A Pick and stone two pounds good Valentias ; pick, wash, **TEETOTALER'S** and dry one pound currants ; chop two pounds beef **CHRISTMAS** suet ; have ready one-half pound brown sugar, six **PUDDING.** ounces candied peel, cut thin, two and one-half pounds flour, six eggs, a quart or more of milk, one ounce mixed spice, and a tablespoonful salt. Put the flour into a large pan, add the plums, currants, suet, sugar, peel, spice, and salt, and mix them well together while dry. Beat the eggs well in a large basin, and add a portion of the milk, stirring it at the same time. Make a well in the middle of the flour and pour in the milk and eggs. Keep stirring till all the ingredients are thoroughly mixed. Add more milk, if necessary, and stir up again; the batter should be rather stiff. Have a good stout cloth ready; wet and flour it well, lay it over a pan, pour in the batter, and tie it up firmly. When the water in the copper or large kettle boils, put the pudding in, and let it boil gently for five or six hours. Turn it carefully out of the cloth. Serve with or without sauce.

PLUM Two pounds beef suet, one and one-half pounds bread-
PUDDING. crumbs, one and one-half pounds flour, two pounds raisins, two and one-half pounds currants, one and one-half pounds mixed peel, one and one-half pounds foots sugar, fourteen eggs, a little nutmeg, ginger, allspice (powdered), a large pinch of salt, one-half pint milk. Chop the suet as fine as possible, and any stale piece of bread can be used for grating, allowing the above quantity ; mix with the suet and flour. Stone the raisins, and have the currants perfectly washed and dried, the peel cut into thin slices and added to the suet, bread, and flour, mixing well for some minutes ; then add the sugar and continue working with the hands for five minutes. Put the eggs into a bowl (breaking each into a cup first to ascertain that it is fresh and to remove the speck), add to them grated

nutmeg, powdered ginger, and powdered allspice, according to taste, and a large pinch of salt ; then stir in one-half pint milk ; beat all up together, and pour it gradually into another bowl, working the whole mixture with the hand for some time. If the mixture be too stiff, add more milk, and continue to work it with a wooden spoon for at least one-half hour. Scald two pudding cloths, spread each in a bowl and dredge them well with flour. Divide the composition in two equal parts, put each in its cloth and tie it up tightly. To boil the pudding place two inverted plates in saucepans filled with water, and when the water boils fast, put each pudding into its saucepan. Let them boil six hours, keeping the saucepan full by adding more water as it is required, and taking care that it never ceases boiling. Then take the puddings out and hang them up till the next day, when the cloth of each pudding should be tightened and tied afresh, and three hours' boiling, as in the first instance, will make them ready for table.

PUFF One pint flour, two teaspoonfuls baking-powder, and a
PUDDINGS. teaspoonful salt, enough milk to make a soft batter, and one pint of any kind of ripe berries. Make your batter, grease cups thoroughly, and into each one put a tablespoonful of the batter and one of the berries, covering them with more batter. Set the cups in a steamer and steam twenty minutes. Make the sauce as follows : Mix one cup sugar, and one-half cup butter ; to this add two eggs ; beat well and add one cup milk and one of the berries. Set inside of a vessel of boiling water until ready to use, stirring often.

DUTCH Mix well together one cupful suet, one cupful milk, one
BOILED cupful molasses, one tablespoonful ginger, one teaspoon-
PUDDING. ful ground cloves, one-fourth nutmeg ; add flour to make a stiff batter, and one teaspoonful baking-powder, and last of all mix in the batter one and one-half cupfuls of any kind of fruit well floured. Wet a cloth bag—an old napkin makes a good bag—and sprinkle conscientiously with flour ; then pour in the batter and tie up the neck of the bag very tightly, leaving a generous room for the pudding to swell, for it is as expansive as gossip. Have a

kettle of boiling water, and dump in the bag. You must turn the bag every ten minutes for the first hour, then boil it for two hours longer, and if you have not let the supply of water run too low, or forgot to turn it, or scalded yourself in the manipulations and thus left too much of the pudding above water in your haste, or pricked the bag with your turning-fork, or done anything else ruinous, you will have a pudding not nearly so indigestible as you might suppose.

ROLY POLY Suet crust and ten ounces of any kind of jam. Having
JAM PUDDING. made a nice suet crust, roll to the thickness of about one-half inch. Place the jam in the center, and spread equally over the paste, allowing a margin of about one-half inch for the pudding to join. Roll up lightly, join the ends securely, place upon a floured cloth, and secure with tape, allowing a little for the pudding to swell. Plunge into boiling water, and boil two hours.

RED Some red currants and raspberries, sugar, slices of
CURRENT bread. Stew the red currants and raspberries with
PUDDING. sugar till thoroughly done, pour off all the juice, and put the fruit while hot into a pudding-basin lined with bread made to fit exactly; fill the basin up with fruit, and cover it with a slice of bread made to fit exactly; let it stand till quite cold, with a plate on it. Boil up the juice which was poured off with a little more sugar, and let that get cold. When-served, the pudding must be turned out on a dish and the juice poured all over it so as to color the bread thoroughly. It can be served with custard or cream.

SWEET Two cups mashed sweet potato (the potato must first be
POTATO boiled), a cup of sugar, a small cup of butter, three
PUDDING. eggs, one-fourth teaspoonful soda dissolved in a little hot water, a teaspoonful lemon extract, and one-half teaspoonful grated nutmeg. Beat the eggs until they are very light, rub the butter and sugar to a cream, and mix all with the potato; cover a deep plate or shallow pudding-dish with a thick crust; then put in the mixture and bake slowly for three fourths of an hour.

**RICE AND
RAISIN
PUDDING.**

Five eggs, one cup rice, one cup sugar, butter the size of an egg, two handfuls of raisins. Simmer the rice in a quart of milk until tender; remove from the stove to cool. Well whisk the yolks of the eggs and add to the rice, also the rest of the milk, sugar, and butter; then well beat the whites of the eggs, stone the raisins, and add to the other ingredients. Grate nutmeg on the top, and bake one hour.

**RASPBERRY
BAVARIAN
CREAM.**

Cover one-half box gelatin with one-half cupful cold water, and let soak one-half hour; set over boiling water and stir until dissolved; add six tablespoonfuls sugar and a pint of raspberry juice; strain into a tin pan. Set on ice, and stir until thick; add a pint of whipped cream. Mix thoroughly, pour in a mold, and stand aside to harden.

**RICE AND
APPLE
PUDDING.**

A cupful of rice, six apples, a little chopped lemon-peel, two cloves, sugar. Boil the rice for ten minutes; drain it through a hair sieve until quite dry. Put a cloth into a pudding basin and lay the rice round it like a crust. Cut the apples into quarters, and lay them in the middle of the rice with a little chopped lemon peel, cloves, and some sugar. Cover the fruit with rice, tie up tight, and boil for an hour. Serve with melted butter, sweetened, and poured over it.

**ARROWROOT
BLANC
MANGE.**

Moisten two dessert-spoonfuls of best arrowroot with water, rub to a smooth paste and throw it into one cupful of boiling milk; stir steadily and boil until it thickens. Serve cold, sweetened and flavored to taste.

**RASPBERRY
PUDDING.**

One pint bread-crumbs, one quart milk, two cupfuls sugar, one lemon, butter, a cupful of preserved raspberries, four eggs. Mix the bread-crumbs, milk, two cupfuls sugar, the peel of the lemon grated, the yolks of the eggs, and a small piece of butter, and bake. When done, spread over the

top a cupful of preserved raspberries; put over that a meringue made with the whites of the eggs, a cupful of sugar, and the juice of the lemon. Return it to the oven to color; let it partly cool and serve it with rich cream.

BAKED LEMON PUDDING. Three ounces crumbs, three ounces sugar, three ounces butter, the grated rind and juice of a lemon, three-fourths pint milk, three eggs, some good paste. Mix the dry ingredients, pour over them the milk, made hot. When cold, add the eggs and lemon-juice. Line a greased dish with thin paste, putting a double strip round the edge; pour the mixture into it, and bake in a moderate oven.

CREAM TAPIOCA PUDDING. Three tablespoonfuls tapioca, four eggs, three tablespoonfuls sugar, three tablespoonfuls prepared cocoanut, one quart milk. Soak the tapioca in water overnight, put it in the milk, and boil three-fourths of an hour. Beat the yolks of the eggs into a cup of sugar, add the cocoanut, stir in, and boil ten minutes longer; pour into a pudding-dish; beat the whites of the eggs to a stiff froth, stir in three tablespoonfuls of sugar; put this over the top, and sprinkle with cocoanut, and brown five minutes.

SAUCE FOR VELVET PUDDING. Yolks of two eggs, one cupful sugar, one tablespoonful butter, one cup milk. Well beat the yolks, sugar, and butter; add to the milk (boiling), and set on the stove till it comes to boiling heat; flavor with vanilla.

FLORENTINE PUDDING. One quart milk, three tablespoonfuls corn-starch, dissolved in a little cold milk, three eggs, one-half tea-cupful sugar; flavoring, lemon, or vanilla, or according to taste, white sugar. Put the milk in a saucepan and allow it to boil. Add to the corn-starch (mixed in the milk) the yolks of the three eggs beaten, the sugar, and flavoring; stir in the scalding milk, continue

stirring until the mixture is of the consistency of custard. Pour into baking-tin; beat the whites of the eggs in a teacup of pulverized sugar, and when the pudding is cooked, spread on the top; place in the oven to brown. Can be eaten with cream, but is very nice without.

**SWEET
MACARONI.** One-quarter pound best macaroni, two quarts water, a pinch of salt, one teacupful milk, one-fourth pound white sugar, flavoring. Break up the macaroni into small lengths, and boil in the water (adding the salt), until perfectly tender; drain away the water, add to the macaroni, in a stew-pan, the milk and sugar, and keep shaking over the fire until the milk is absorbed. Add any flavoring, and serve with or without stewed fruit.

**GINGER-
BREAD
PUDDING.** One-quarter pound suet, two ounces ground ginger, one-half pound sugar, two tablespoonfuls molasses, one teaspoonful baking-powder, one pound flour, about one-half pint milk. Mix the dry ingredients, dissolve the molasses in the milk, beat all well together, and boil in a well-floured cloth for three hours.

**OATMEAL
PUDDING.** Two ounces fine Scotch oatmeal, one-fourth pint cold milk, one pint boiling milk, sugar to taste, two ounces bread-crumbs, one ounce shred suet, one or two beaten eggs, lemon flavoring, or grated nutmeg. Mix with the oatmeal, first, the cold milk, and then add the boiling milk; sweeten and stir over the fire for ten minutes, then add the bread-crumbs; stir until the mixture is stiff, then add the suet and eggs; add flavoring. Put the pudding in a buttered dish, and bake slowly for an hour.

**SUNDAY
PUDDING.** One-quarter pound bread-crumbs, one-half pint milk, sugar and flavoring to taste, two eggs, strawberry jam.
Boil the bread-crumbs in the milk, sweeten and flavor, and when the bread is thick, stir in the yolks of the eggs. Put the pudding into a buttered tart dish, bake slowly for three fourths of an

hour. Then spread over the top a layer of strawberry jam, and on this the whites of the eggs beaten with a teaspoonful of sifted sugar, to a strong froth. Dip a knife in boiling water, and with it smooth over the whites; put the pudding again into a moderate oven until the top is a light golden brown. Serve immediately.

**FRENCH
TAPIOCA.** Two ounces fine tapioca, one-half pint milk, one well-beaten egg, sugar, and flavoring. Take the tapioca de la couronne, and boil it in one-half pint water until it begins to melt, then add the milk by degrees, and boil until the tapioca becomes very thick; add the egg, sugar, and flavoring to taste, and bake gently for three fourths of an hour. This preparation of tapioca is superior to any other, is nourishing, and suitable for delicate children.

**VELVET
PUDDING.** Five eggs, one and one-half cupfuls sugar, four table-spoonfuls corn-starch, three pints milk. Dissolve the corn-starch in a little cold milk, and add one cupful of sugar and the yolks of the eggs beaten. Boil three pints of milk and add the other ingredients while boiling; remove from the fire when it becomes quite thick; flavor with vanilla, and pour into a baking-dish; beat the whites of the eggs to a stiff froth, add one-half cup sugar, turn over the pudding, and place it in the oven and let brown slightly.

**YORKSHIRE
PUDDING.** One egg, a pinch of salt, milk, four tablespoonfuls flour. Beat the egg and salt with a fork for a few minutes. Add to this four tablespoonfuls of milk and the flour; beat (with a spoon) very well, while in a batter, for ten minutes. Then add the milk till it attains almost the consistency of cream. Take care to have the dripping hot in the pudding-tin. Pour the batter into the tin to the thickness of about a quarter of an inch, then bake under the roasting joint. The above will make a pudding of moderate size, perhaps one dozen squares. The great secret of a pudding's being light is to mix it two hours before cooking it.

APPLE SNOWBALLS. One-half pound rice, five or six large apples, a little butter and sugar. Wash the rice, put it into plenty of water, and boil quickly for ten minutes, drain it and let it cool. Pare the apples, take out the core with a vegetable cutter, and fill the whole with a small piece of butter and some sugar. Enclose each apple in rice, tie in separate cloths, and boil for one hour. Serve with sweet sauce.

MALVERN PUDDING. Some thin slices of dry bread, fresh fruit, sugar, custard. Line a basin with the slices of bread. Boil some fresh, juicy fruit with sugar, in the proportion of one-half pound to one pound of fruit. Pour into the lined basin, and cover with slices of bread. Put a saucer on the top with a heavy weight on it. Turn out next day, and pour custard round it.

ORANGE CUSTARD. The juice of twelve oranges, the yolks of twelve eggs, one pint of cream, sugar to taste. Sweeten the juice, and stir it over a slow fire until the sugar dissolves, taking off the scum as it rises. When nearly cold stir in the yolks, well beaten, and the cream. Stir again over the fire until it thickens. Be careful not to boil it. or it will curdle.

APPLE SOLID. Take three pounds sliced apples, one and one-half pounds lump sugar, the juice and grated rind of two lemons. Dip the lumps of sugar in water, and boil with the apples and lemon until stiff. Put into a mold, and, when cold, turn out. May be served with custard poured round.

PRESERVE SANDWICHES. One-half pound sifted sugar, one-half pound butter, two eggs, two ounces ground rice; work them well together, then add seven ounces flour. Spread half this mixture upon buttered paper in a shallow tin, then a layer of preserve, and cover with the other half of the paste. Bake in a quick oven, and when cold and ready for use, cut it into pieces like sandwiches, and sprinkle sugar over.

APPLE SNOW. Take four apples, three dessert-spoonfuls of sugar, the grated rind of a lemon, the whites of three eggs. Peel, core, and stew the apples, mix with them the sugar and lemon rind. Beat the whites of eggs to a stiff froth, mix with the apples, and beat the whole until quite white. Pile on a glass dish.

BOILED BREAD PUDDING. One-half pound bread-crumbs, two ounces powdered loaf sugar, one pint milk, two ounces currants, one ounce candied peel, cut very small, three eggs. Mix the crumbs and sugar; make the milk hot, and pour it over them. When nearly cold, add the other ingredients, and boil in a mold for two hours, or steam three hours. Serve with lemon sauce.

GRAHAM PUDDING. Two cups graham flour, two eggs, one quart milk, butter the size of an egg, salt to taste. Put a pint of milk into a buttered stew-pan, and allow to heat slowly. Mix the rest of the milk in the flour, and beat lightly with the butter, eggs, and salt. Then pour the hot milk upon it, mix well, return to the fire, surrounded by boiling water, and stir constantly for one-fourth hour; grate nutmeg upon it. Serve in uncovered dish, and eat with butter and sugar.

PIGEON PIE. Pigeons, pepper and salt, a piece of butter, a bunch of parsley, a beefsteak, two hard-boiled eggs, one cup of water, a few pieces of ham, crust. Rub the pigeons with pepper and salt, inside and out; in the former put a piece of butter, and, if approved, some parsley chopped with the livers, and a little of the seasoning; lay the steak at the bottom of the dish, and the birds on it; between every two a hard egg. Put the water in the dish, and if you have any ham in the house, lay a piece on each pigeon; it is a great improvement to the flavor. Observe, when the ham is cut for gravy or pies, to take the under part rather than the prime. Season the gizzards, and the two joints of the wings, and put them in the center of the pie, and over them, in a hole made in the crust, three feet nicely

COTTAGE PIE. Two pounds potatoes, scraps of cold meat, one onion, one and one-half ounces butter, pepper and salt to taste, one-half glass milk. Boil and mash potatoes (or if there are any cold ones at hand, they will do as well); put the milk and butter on the fire to boil, and when boiling, pour upon the mashed potatoes, and mix to a paste; place the meat in a pie-dish, with a little fat, in layers, mince the onion, and sprinkle each layer with it, also pepper and salt; half fill the dish with water or gravy, and cover with the potatoes, smoothing neatly, and marking with a fork into a pattern; bake one-half hour.

EEL PIE. Eels, salt, pepper, and nutmeg, puff-paste, one onion, a few cloves, a little stock, one egg, butter, flour, and lemon-juice. Skin and wash some eels, remove the heads and tails; cut up the fish into pieces, about three inches long, season them with salt, pepper, and nutmeg. Border a pie-dish with puff-paste, put in the eels, with a chopped onion and a few cloves; add a little clear stock; cover with puff-paste, brush over the crust with the yolk of an egg, and bake. Make a sauce with the trimmings of the eels, some white stock, seasoned with salt and pepper; thicken it with butter and flour, add some lemon-juice, strain, and pour it quite hot through a funnel into the pie.

CHICKEN PIE. Two young fowls, seasoning, white pepper, salt, a little mace and nutmeg, all of the finest powder, and Cayenne. Some fresh ham cut in slices, or gammon of bacon, some forcemeat balls, and hard eggs. Gravy from knuckle of veal or a piece of scrag, shank bone of mutton, herbs, onion, mace, and white pepper. Cut up the fowls; add the seasoning. Put the chicken, slices of ham, or gammon of bacon, forcemeat balls, and hard eggs by turn in layers. If it be baked in a dish, put a little water, but none if in a raised crust. By the time it returns from the oven have ready a gravy made of the veal or scrag, shank bones of mutton and seasoning. If to be eaten hot, you may add truffles, morels, mushrooms, etc., but not if to be eaten cold. If it is made in a dish, put as much gravy

as will fill it; but in raised crust, the gravy must be nicely strained, and then put in cold as jelly. To make the jelly clear, you may give it a boil with the whites of two eggs, after taking away the meat, and then run it through a fine lawn sieve.

GIBLET PIE. Some goose or duck giblets, water, onion, black pepper, a bunch of sweet herbs, a large teacupful of cream, sliced potatoes, plain crust, salt. Line the edge of a pie-dish with a plain crust. Stew the giblets in a small quantity of water with the seasoning till nearly done. Let them grow cold, and, if not enough to fill the dish, lay a beef, veal, or two or three mutton steaks at the bottom. Add the giblets that the liquor was boiled in. Lay slices of cold potatoes on the top and cover with the crust; bake for one and one-half hours in a brisk oven.

PEACH PIE. Puff or short crust, peaches, sugar. Line a dish with a nice crust, skin the peaches, remove the stones, and put the fruit into the dish, with a little sugar and water. Cover with crust, and bake a golden brown.

LEMON Crust, one lemon, one and one-fourth cups white sugar,
PIE (1). one cup water, a piece of butter the size of an egg,
one tablespoonful flour, one egg. Make your crust as usual; cover your pie-tins, and bake exactly as for tart crusts. If you make more than you need, never mind, they will keep. While they are baking, if they rise in the center, take a fork and open the crust to let the air out. Now make the filling as follows: For one pie, take a nice lemon and grate off the outside, taking care to get only the yellow; the white is bitter. Squeeze out all the juice; add white sugar, water, and butter. Put in a basin on the stove. When it boils, stir in the flour, and the yolk of one egg, beaten smooth with a little water. When it boils thick, take off the stove, and let it cool. Fill your pie crust with this. Beat the white of an egg stiff, add a heaping tablespoonful of sugar; pour over the top of the pie. Brown carefully in

**LEMON
PIE (2).** One cup sugar, one tablespoonful butter, one egg, one lemon, juice and rind, one teacupful boiling water, and one tablespoonful corn-starch. Dissolve the corn-starch in a little cold water, then stir it into the boiling water; cream the butter and sugar, then pour over them the hot mixture; cool, add the lemon-juice, rind, and beaten egg; bake with or without upper crust.

**RHUBARB
PIE.** Rhubarb, a little lemon peel, sugar, water, short crust. Use a deep pie-dish, wipe the stalks with a clean, damp cloth, cut into pieces about an inch in length, mince the lemon peel, line the edge of the dish with the crust, then fill the dish with rhubarb, sugar, and lemon, adding a cup of water. Cover with crust, making a hole in the middle. Bake about three fourths of an hour.

**GOOSEBERRY
PIE.** Top and tail the berries, line the edge of a deep dish with short crust. Put the berries into it with at least six ounces of moist sugar, and a little water. Cover with upper crust, and bake from one half to three fourths of an hour.

DAMSON PIE. Damsons, one-fourth pound moist sugar, crust. Line the edge of a deep dish with crust, place a small cup in the middle, fill the dish with the fruit, sprinkling the sugar over; cover with crust, and bake about three fourths of an hour. If puff-paste is used, just before it is done, remove from the oven, and brush over with the white of an egg, beaten to a froth. Sift a little white sugar over, and return to the oven till finished.

**COCOANUT
PIE.** One cup of grated cocoanut, one-half pint milk, two crackers, three eggs, butter, salt, rind of one-half lemon, sugar if desired, puff-crust. Make a nice puff crust, line a dish, and bake; when done, set aside to cool; soak the cocoanut in the milk, pound the crackers well, whisk the eggs, and

grate the rind of the half lemon. Mix all together, adding a little salt, sugar, and butter. When well mixed, place in the pie-dish, and put in the oven to brown slightly.

PUMPKIN One pint well-stewed and strained pumpkin, one quart
PIE (1). scalding-hot rich milk, one and one-half cups sugar, four eggs, one teaspoonful salt, one tablespoonful ginger, and one of ground cinnamon. Bake in pie-plate lined with good paste; do not let mixture stand after it is put together, but bake at once.

PUMPKIN One quart stewed pumpkin pressed through a sieve,
PIE (2). nine eggs, whites and yolks beaten separately, two quarts milk, one teaspoonful mace, one of cinnamon and of nutmeg, one and one-half cups sugar. Beat all together, and bake with one crust.

PUMPKIN A pumpkin, one good cupful molasses; to a whole
PIE (3). pumpkin allow three pints rich milk, four eggs, some salt, a little cinnamon, brown sugar to taste, crust. Prepare the pumpkin by cutting into small pieces; stew rapidly until it is soft, and the water is stewed out, then let it remain on the stove to simmer all day. When well cooked, add the molasses, and cook all down until dry; then sift through a colander; it will nearly all go through if properly cooked; then add the milk, spices, and eggs. Too much spice destroys the flavor of the pumpkin. Sweeten to taste, then bake in a crust the same as for custard. Let it cook until of a dark brown color. This is a very wholesome dish.

FRENCH Five eggs, nearly a pint of cream, one ounce butter.
PANCAKES. Beat the cream till it is stiff, and the yolks and whites separately, and add to the cream; beat the mixture for five minutes; butter the pan and fry quickly; sugar, and roll, and place on a hot dish in the oven. Serve very hot.

RICE One-half pound rice, one pint cream, eight eggs, a little
PANCAKES. salt and nutmeg, one-half pound butter, flour. Boil the rice to a jelly in a small quantity of water; when cold, mix it with the cream, well whisk the eggs, and add also with a little salt and nutmeg. Then stir in the butter, just warmed, and add, slowly stirring all the time, as much flour as will make the batter thick enough. Fry in as little lard as possible.

IRISH Eight eggs, one pint cream, nutmeg and sugar to taste,
PANCAKES. three ounces butter, one-half pint flour. Beat eight yolks and four whites of eggs, strain them into the cream, put in grated nutmeg and sugar to taste; set three ounces fresh butter on the fire, stir it, and as it warms, pour it to the cream, which should be warm when the eggs are put to it; then mix smooth, almost one-half pint flour. Fry the pancakes very thin, the first with a piece of butter, but not the others. Serve several on one another.

APPLE PIE. Puff-paste, apples, sugar (brown will do), a small quantity of finely minced lemon peel, and lemon-juice. Prepare the paste (see recipe Puff-Paste), spread a narrow strip round the edge of your baking-dish, and put in the fruit, which you have previously peeled, cored, and cut into convenient slices. Sweeten according to taste, and add the flavoring; cover with a pie crust, making a small hole in the middle, and place in the oven to bake. When nearly done, ice the crust with the white of an egg beaten to a froth, and spread lightly over it. Sprinkle with white sugar, and replace in the oven until done.

ORANGE AND Puff-paste, oranges, apples, sugar. Cover a tin pie-
APPLE PIE. plate with puff-pastry and place a layer of sliced oranges, with the pips removed, on it, and scatter sugar over them; then put a layer of sliced apples, with sugar, and cover with slices of oranges and sugar. Put an upper crust of nice pastry over the pie, and bake it for one-half hour, or until the apples are perfectly soft. Take the pie from the tin plate while it is warm, put into a china plate and scatter sugar over the top.

TO ICE OR GLAZE PASTRY. The whites of three eggs, four ounces sugar. Place the whites upon a plate (beaten with a knife to a stiff froth); just before the pastry is done, remove from the oven; brush with the beaten egg and sprinkle the white sugar upon it. Return to the oven to set.

GLAZE. The yolks of three eggs, a small piece of warm butter, white sugar. Beat the yolks and butter together, and, with a pastry brush, brush the pastry just before it is finished baking; sift white sugar upon it and return to the oven to dry.

STRAW-BERRY TART. One pound sifted flour, yolks of two eggs, one gill ice-water, three-fourths pound fresh butter, one tablespoonful sifted sugar, strawberries. Rub the butter into the flour and sugar, add the yolks of eggs, and mix well with a knife; then add just enough ice-water to make a paste that will roll out. It must be a firm paste, rather dry. Be careful that the flour is dry and the butter cold. Roll out the paste about one-third of an inch thick; line with it a pie-dish at least one inch deep with straight sides; trim the edges neatly, and bake the empty crust in a quick oven for ten to twelve minutes. When the tart is to be served, fill it neatly with strawberries, pour some of the syrup over and serve with a pitcher of cream. The strawberries should not be allowed to stand long in the crust, or its crispness will be destroyed. The crust should be firm, brittle, and crisp, not flaky.

SPONGE CAKE. Three cups granulated sugar, seven eggs, beaten separately, one cup lukewarm water, one lemon, juice and grated rind, three cups flour and two teaspoonfuls baking-powder. Put the yolks of the eggs in your cake bowl and beat them very light with a silver fork; then add your sugar a little at a time, beating thoroughly; next add the lemon, then alternately the water and the flour, into which the baking-powder has been sifted; lastly add the whites of the eggs beaten very stiff and merely stirred in lightly, not beaten. Bake in a moderate oven, and do not move the pan, once

LIGHT PASTE FOR TARTS. One egg, three-fourths pound flour, one-half pound butter. Beat the white of an egg to a strong froth, then mix it with as much water as will make the flour into a very stiff paste; roll it very thin, then lay the third part of half a pound of butter upon it in little pieces; dredge with some flour left out at first, and roll up tight. Roll it out again, and put the same proportion of butter, and so proceed till all be worked up.

PUFF-PASTE. One pound flour, three-fourths pound butter, one egg, with water. Mix the flour with a lump of butter the size of an egg to a very stiff paste with cold water; divide the butter into six equal parts, roll the paste and spread on one part of the butter, dredging it with flour; repeat until all the butter is rolled in.

SHORT CRUST. One-half pound flour, three ounces butter, two ounces white sugar, a pinch of salt, yolks of three eggs. Rub into the butter the flour and the powdered loaf sugar; beat up the yolks of the eggs, the salt, and enough milk or water to make the flour into a paste; work the paste lightly, and roll it out thin. If not wanted sweet, the sugar may be left out.

SUET CRUST FOR MEAT PUDDINGS. Eight ounces flour, five ounces beef suet, a little salt. Remove all skin from the suet, chop fine, and mix with the flour, adding a little salt, mix well; add by degrees a little cold water, and make into a paste; flour the paste-board and place the paste upon it, roll out to the thickness of one-fourth inch. It is then ready for use.

POTATO PASTE. Pound boiled potatoes very fine, and add, while warm, a sufficiency of butter to make the mash hold together, or you may mix it with an egg; then, before it gets cold, flour the board pretty well to prevent it from sticking, and roll it to the thickness wanted. If it has become quite cold before it be put on the dish, it will be apt to crack.

COCOANUT POTATO PIE. Three eggs, one large potato, one-half cup cocoanut, one pint milk, one tablespoonful butter, sugar to taste, and a little salt. Boil and mash the potato, and add the sugar, butter, and salt, then the beaten eggs, and lastly the milk, in which part of the cocoanut has been soaked. Reserve the white of an egg for frosting; add to it the rest of the cocoanut, and spread a little red sugar over the top.

CREAM FRITTERS. Three tablespoonfuls potato flour, one pint new milk, two whole eggs, yolks of four eggs, a pat of very fresh butter, powdered white sugar to taste, a few drops essence of almond, bread-crumbs. Make a smooth paste with the flour and a part of the milk; then gradually add the remainder of the milk, the eggs and yolks, the butter, white sugar to taste, and essence of almond. Put the mixture into a saucepan on the fire, stirring all the while till it is quite thick. Spread out on a slab until of thickness of one-half an inch. When quite cold cut into lozenges; egg and bread-crumbs them, or dip in the butter; fry a nice color in lard, and serve sprinkled with white sugar.

BANANA FRITTERS. Sift three cups flour, and one and one-half teaspoonfuls baking-powder; to this add the yolks of two eggs, a little salt, one-half cup sugar, and enough milk to make a moderate batter; whip the whites of the eggs, and then add a tablespoonful of melted butter. Slice one-half dozen bananas, and stir into the batter; fry at once in plenty of boiling lard, and drain on coarse brown paper before serving.

CHEESE FRITTERS. About a pint of water, a piece of butter the size of an egg, the least piece of cayenne, plenty of black pepper, one-fourth pound ground Parmesan cheese, yolks of two or three eggs, and whites of two beaten to a froth, salt, flour. Put the water into a saucepan with the butter, cayenne, and black pepper. When the water boils, throw gradually into it sufficient flour to form a thick paste; then take it off the fire and work into it the Parmesan

cheese, and then the yolks and whites of the eggs. Let the paste rest for a couple of hours, and proceed to fry by dropping pieces of it the size of a walnut into plenty of hot lard. Serve sprinkled with very fine salt.

PUFFS FOR DESSERT. One pint milk and cream, the whites of four eggs beaten to a stiff froth, one heaping cup sifted flour, one scant cup powdered sugar; add a little grated lemon peel, and a little salt. Beat these all together till very light, bake in gem-pans, sift pulverized sugar over them, and eat with sauce flavored with lemon.

PLAIN PUFFS. Yolks of six eggs, one pint sweet milk, a large pinch of salt, whites of six eggs, flour. Beat the yolks of the eggs till very light, stir in the milk, salt, and the whites beaten to a stiff froth, and flour enough to make a batter, about as thick as a boiled custard. Bake in small tins in a quick oven.

SPANISH PUFFS. A teacupful water, a tablespoonful white sugar, a pinch of salt, two ounces butter, flour, yolks of four eggs. Put the water into a saucepan, with the sugar, salt, and butter; while it is boiling, add sufficient flour for it to leave the saucepan; stir one by one, the yolks of the four eggs; drop in a teaspoonful at a time into boiling lard; fry them a light brown.

CREAM PUFFS. One pint water, one-half pound butter, three-fourths pound sifted flour, ten eggs, one small teaspoonful soda. Mock cream: one cup sugar, four eggs, one cup flour, one quart milk, flavoring. Boil the water, rub the flour with the butter; stir into the water while boiling. When it thickens like starch, remove from the fire. When cool, stir into it the well-beaten eggs and the soda. Drop the mixture on to the buttered tins, with a large spoon. Bake till a light brown, in a quick oven. When done, open one side and fill with mock cream, made as follows in the above proportions: beat eggs to a froth; stir in the sugar, then flour; stir them into the

milk while boiling; stir till it thickens, then remove from the fire, and flavor with lemon or vanilla. It should not be put into the puffs until cold.

ORANGE PUFFS. Rind and juice of four oranges, two pounds sifted sugar, butter. Grate the rind of the oranges, add the sugar, pound together, and make into a stiff paste, with the butter and juice of the fruit; roll it, cut into shapes and bake in a cool oven. Serve piled up on a dish with sifted sugar over.

ORANGE FRITTERS. Six large oranges peeled and sliced, two well-beaten eggs, two tablespoonfuls of sugar, and enough flour to make a batter about as stiff as if for flannel cakes; dip the oranges into the batter, being sure that they are well covered by it, then fry in plenty of boiling lard; drain on coarse brown paper, sift powdered sugar over the fritters, and serve.

APPLE FRITTERS. Sift together one cupful flour, two tablespoonfuls sugar, one teaspoonful baking-powder, and one salt-spoonful salt. Beat one egg very light, and add one-third cupful milk; pour this gradually into the dry mixture, beating well; add two apples cut fine. Drop by spoonfuls into hot fat and fry; drain and sprinkle with powdered sugar. Pastry flour should be used for fritters, as bread flour contains too much gluten. Bread flour should be used only when yeast is added. The apples should be cut fine or chopped; the fritters are also very good if the apples are cut in thick slices, dipped in the batter, and then fried.

CHARLOTTE RUSSE. Soak one-fourth box gelatin in one-half cup cold milk, one hour; when dissolved, set up in hot water, using gelatin lukewarm; into one pint whipped cream add one-half cup pulverized sugar, a little salt, and the beaten whites of two eggs, and flavor with vanilla; then add gelatin, and strain while pouring in; stir until gelatin is well mixed with the cream, and, when

nearly stiff enough to drop, turn into mold lined with lady fingers or narrow slices of sponge cake, first dipping the cake into white of egg.

APPLE JELLY. One pound apples, one lemon, one-fourth pound lump sugar, one ounce gelatin, one-half pint water and a little cochineal. Peel and core the apples, put them in a stew-pan with the sugar, water, grated rind and juice of the lemon; stew till tender, rub through a sieve, then stir in the gelatin, previously melted in a gill of boiling water. Color part of the apples with cochineal, and pour into a mold with alternate layers of colored and plain apple. May be served with or without whipped cream.

APPLE TURNOVERS. One pound flour, five ounces dripping or butter, small teaspoonful baking-powder, four apples (allowing one for each turnover), four teaspoonfuls brown sugar. Pare, core, and slice the apples. Mix the baking-powder into the flour, then add the dripping or butter, mixing well together. Moisten with cold water and stir to a paste. Roll out; cut into circles about seven inches in diameter. Put the apple on one of the rounds and sprinkle with sugar. Moisten the edges of the paste and shape in the form of a turnover.

LEMON SPONGE. One ounce gelatin, one pint water, the juice of three lemons, the thin rind of two, three-fourths pound lump sugar, and whites of two eggs. Boil all, except the eggs, together for ten minutes, and let it stand until cold, and beginning to set. Beat the whites well, add them to it, and whisk the whole until it becomes a stiff froth. May be put into a mold or piled in glass dishes.

SNOW CREAM. One-half ounce gelatin, one tumbler water, the juice of one lemon, one-fourth pound loaf sugar, and two eggs. Soak the gelatin in half the water for one hour, and fill up with the other half boiling; add to it the lemon-juice, and sugar. Whisk the whites of the eggs well; put them to the other

ingredients, and whisk the whole for one fourth of an hour. Put into a mold to set. With the yolks of the eggs and nearly one-half pint of milk, make a custard, sweetened, and flavored with lemon. Pour it round the cream when turned out.

CHOCOLATE BLANC MANGE. One quart of rich, fresh milk or cream, three ounces chocolate, one-fourth pound white sugar, one two-ounce box of gelatin dissolved in one-half pint water. Boil milk, chocolate, and sugar together a few minutes, after first dissolving the chocolate and rubbing it smooth in a little of the milk. Then add the gelatin and ten drops of vanilla. Stir well and remove from the fire in about five minutes. When lukewarm, pour through a strainer into molds that have been previously dipped into a bath of cold water.

RUSSIAN CREAM. Jelly: to one package Cox's gelatin add one pint cold water. When dissolved, add one pint hot water, two cups sugar, juice of six lemons. Stir slowly, until well dissolved, then strain into molds. Cream: cover one package gelatin with cold water. When dissolved, add one cup new milk, one cup sugar; heat to boiling-point, stirring frequently, then set away to cool. Whip one quart of thick cream until light, beat the whites of six eggs, and add both to the mixture; when cool, flavor with vanilla. Place the jelly in the bottom of the molds, and when stiff and cold, add the cream: turn out of mold and serve in slices.

FLUMMERY. Three large handfuls of small, white oatmeal, one large spoonful of white sugar, two large spoonfuls of orange-flower water. Put three large handfuls of very small, white oatmeal to steep a day and night in cold water; then pour it off clear, and add as much more water, and let it stand the same time. Strain it through a fine hair sieve, and boil it till it be as thick as hasty-pudding, stirring it well all the time. When first strained, put to it the white sugar and flower water. Pour it into shallow dishes, and serve to eat with milk or cream and sugar.

ISINGLASS One ounce isinglass, one quart water, whites of four
BLANC eggs, two spoonfuls rice water, sugar to taste, two
MANGE. ounces sweet and one ounce bitter almonds. Boil the
 isinglass in the water till it is reduced to a pint; then
 add the whites of the eggs with the rice water to prevent the eggs
 poaching, and sugar to taste; run through the jelly-bag; then add the
 almonds; give them a scald in the jelly, and pour them through a hair
 sieve; put in a china bowl; the next day turn it out, and stick it all
 over with almonds, blanched and cut lengthwise. Garnish with green
 leaves or flowers.

ORANGE Juice of three Seville oranges, nine well-beaten eggs,
FOOL. one-half pint cream, a little nutmeg and cinnamon,
 white sugar to taste. Mix the orange juice with the
 eggs, cream, and spices. Sweeten to taste. The orange juice must
 be carefully strained. Set the whole over a slow fire, and stir it until
 it becomes about the thickness of melted butter; it must on no account
 be allowed to boil; then pour into a dish for eating cold.

GOOSEBERRY One quart gooseberries, water, sugar, one quart cream.
FOOL. Pick one quart of quite young gooseberries, and put
 them into a jar with a very little water and plenty of
 sugar; put the jar in a saucepan of boiling water till the fruit be quite
 tender, then beat it through a colander, and add gradually one quart
 of cream with sufficient sugar to sweeten.

STEWED Some good baking apples, syrup, one pound sugar to
APPLES AND one pint water, lemon peel, jam, some well-boiled rice.
RICE. Peel the apples, take out the cores with a scoop, so as
 not to injure the shape of the apples, put them in a
 deep baking-dish, and pour over them a syrup made by boiling sugar
 in the above proportion; put a little piece of shred lemon peel inside
 each apple, and let them bake very slowly until soft, but not in the
 least broken. If the syrup is thin, boil it until it is thick enough; take
 out the lemon peel, and put a little jam inside each apple, and between

each a little heap of well-boiled rice; pour the syrup gently over the apples, and let it cover the rice. This dish may be served either hot or cold.

SPICED APPLES. Four pounds apples (weigh them after they are peeled), two pounds sugar, one-half ounce cinnamon in the stick, one-fourth ounce cloves, and one pint vinegar.

Let the vinegar, spices, and sugar come to a boil; then put in the whole apples, and cook them until they are so tender that a broom-splint will pierce them easily. These will keep for a long time in a jar. Put a clean cloth over the top of the jar before putting the cover on.

APPLE CHARLOTTE. Some good cooking apples, sugar (one pound apple pulp to one-half pound sugar), lemon flavoring, fried bread. Bake good cooking apples slowly until done; scrape out all the pulp with a teaspoon, put it in a stew-pan in the above proportion; stir it until the sugar is dissolved and the pulp stiff. Take care it does not burn. Add a little lemon flavoring, and place the apple in the center of a dish, arranging thickly and tastefully around it neatly cut pieces of the carefully fried bread. If it is desired to make this dish very nice, each piece of fried bread may be dipped in apricot jam. Rhubarb charlotte may be made in the same manner. The rhubarb must be boiled and stirred until a good deal of the watery portion has evaporated, and then sugar, one-half pound to one pound of fruit, being added, it should be allowed to boil until it is thick.

DESSERT OF APPLES. One pound sugar, one pound finely flavored ripe, sour apples, one pint rich cream, two eggs, one-half cup sugar. Make a rich syrup of the sugar; add the apples nicely pared and cored. Stew till soft, then mix smoothly with the syrup, and pour all into a mold. Stir into the cream (or if there is none at hand, new milk must answer) the eggs well beaten; also the sugar, and let it just boil up in a farina kettle; then set aside to cool. When cold, take the apples from the mold, and pour this cream custard around it, and serve. If spice, or flavoring, is agreeable, nutmeg, vanilla, or rose-water can be used.

**DESSERT
OF FIGS.**

One cup sugar, one-third cup water, one-fourth tea-spoonful cream of tartar. Let the sugar and water boil until it is a pale brown color; shake gently the basin in which it is boiling, to prevent it burning, but do not stir it at all until just before you take it from the fire; then stir in the cream of tartar. Wash and cut open some figs; spread them on a platter, then pour the sugar over them. Take care to have each fig covered; set them in a cool place till the sugar has time to harden.

**ORANGE
DESSERT.**

Oranges may be prepared for table in the following manner: cut gently through the peel only, from the point of the orange at the top, to dent made at the bottom, dividing the outside of orange into cloves or sections, seven or eight in number. Loosen the peel carefully, and take each section off, leaving it attached only at the bottom. Scrape the white off the orange itself, and turn in each section double to the bottom of the orange, so that the whole looks like a dahlia, or some other flower.



A SANDWICH may or may not appeal to the appetite, for it all depends upon the way it is prepared and its appearance when ready to serve. There are many methods of making sandwiches. There is one safe way, and that is simple as well as effective. Take a sharp knife and cut away the end crust of a loaf, then spread on the butter before slicing thinly from the loaf; on the buttered slices place the filling, and on this a thin slice of bread. Cut away the crusts, and with a quick stroke of a sharp knife divide the whole eight into two or three slices, according to the size of the original slice. A sandwich an inch wide by two or three inches long, always appears appetizing. Fancy shaped sandwiches are not advised, except on occasions when fancy dishes generally prevail. Always cream the butter used in preparing sandwiches, and to keep the latter fresh, if prepared an hour or so before serving, wring out a napkin in fresh water and cover the tray and keep in a cool place. White, graham, or brown bread may be used.

BROWN BREAD SANDWICHES. Steam the brown bread before spreading with butter and cutting in the usual way. For filling, use grated cheese and finely chopped kernels of nuts well salted.

CHICKEN SANDWICHES. With chopping-knife, mince the white meat of cold chicken, season with salt and pepper, and moisten with any suitable salad dressing, or with chicken stock.

ANCHOVY SANDWICHES. By rubbing with a spoon, make a paste of the yolks of hard-boiled eggs. Season with essence of anchovy, and moisten with soft butter. Spread between thin slices of buttered bread.

CANAPE OF CHEESE. Sprinkle toasted triangles of bread, with a layer of grated cheese, seasoned with salt and Cayenne pepper. Place in the oven, and bake until the cheese is melted, serving while hot.

MINCED HAM SANDWICHES. With chopping-knife mince fine cold boiled ham, season with tartar sauce, and spread on thinly sliced buttered bread.

EGG SANDWICHES. Mince the whites of hard-boiled eggs, in the chopping-bowl, and afterward mince the yolks in the same way. Mix the whites and yolks, and rub through a sieve. Soften to the right consistency, for spreading upon thin slices of buttered bread, by using salad mayonnaise or cream dressing.

HAM SANDWICHES. Thin slices of cold boiled ham placed between thin slices of buttered bread, constitute a ham sandwich. In serving always have mustard on the table but do not risk spreading mustard on each sandwich, for many prefer them without.

SARDINE SANDWICHES. Drain the oil from two boxes of sardines, and throw the contents into hot water. A few minutes will free the sardines from grease. Pour away the water and dry the fish in a cloth; then scrape away the skins, and pound the sardines in a mortar till reduced to paste; add pepper, salt, and some tiny pieces of lettuce, and spread on the bread slices. Lettuce adds much to the flavor of sardines.

MUSHROOM SAND-WICHES. Mince boiled mushrooms, and cold beef (or tongue) together, and spread between thin slices of buttered bread. Slightly coat the filling with French mustard.

CAVIARE. SAND-WICHES. Caviare, the salted roe of the sturgeon, can be bought of any first-class grocer. Spread the caviare on thin slices of buttered rye-bread. On some occasions finely chopped onion is spread on the caviare.

FIG SAND-WICHES. Mince a bowl of extra quality figs; add a small quantity of water, cook in double boiler until a paste is formed, then add a few drops of lemon-juice. Cool mixture and spread on thin slices of buttered bread; sprinkle with finely chopped English walnuts, and cover with pieces of buttered bread.

LOBSTER SAND-WICHES. Thoroughly chop the meat of fresh lobster, and season with salt, mustard, tobasco, and lemon-juice. Spread on a fresh leaf of lettuce and place between buttered slices of bread.



THE use of the chafing-dish dates back to the time of Louis XIV. It has been in greater demand, however, within the last few years than any time in its history. It is growing daily more and more in favor. It is in place on the breakfast table, when the eggs may be cooked to suit the taste; it is serviceable at luncheon, and may often turn out a hot dish where otherwise a cold one would have to do. It is most serviceable in preparing late suppers, and always lends an air of hospitality and good cheer.

One of the chief advantages of the chafing-dish lies in the fact that the edibles are served instantly, thereby conserving much of the flavor that is lost between the kitchen range and the dining-room. It also whets the appetite in that the preparation of the food goes on in the presence of those who are to eat it.

The fuel used is wood alcohol, which costs but little and makes this mode of cooking very inexpensive. Two cents' worth of the fuel will keep the chafing-dish supplied for at least two hours.

A chafing-dish has two pans, the upper one with long handle for holding the food to be cooked, the under one for hot water.

All the food materials should be prepared in advance, thus rendering the actual task of cooking an agreeable and, in fact, a very artistic performance.

The most serviceable and usual materials for cooking with the chafing-dish are cheese, eggs, oysters, lobster, shrimps, crabs, and dried beef. Ham is also used.

WELSH RAREBIT. Use one tablespoonful of butter, one and one-half pounds of fresh, mild cheese, one teaspoonful of dry mustard, a little cayenne, and about one-half pint of beer or ale. Put the butter in the chafing-dish, and when nearly melted add the cheese cut in small dice, and the mustard and cayenne. Stir constantly, adding the ale, to prevent burning. Serve hot on toast or crackers.

CHEESE FONDU. Use one tablespoonful of butter, one cupful of fresh milk, one cupful of fine bread-crumbs, two cupfuls of grated cheese, a teaspoonful of dry mustard, two eggs, and a little cayenne. Melt the butter in the chafing-dish, add the milk, bread-crumbs, cheese, mustard, and cayenne. Stir constantly, and add two eggs, slightly beaten, just before serving. Serve on hot toast or crackers. Remember to have the plates hot.—*A. R.*

CHEESE CROUTON. Use two tablespoonfuls of thick cream, one tablespoonful of butter, one-half pint of grated cheese, a tablespoonful of paprika, and a teaspoonful of salt. Put the ingredients in the chafing-dish in the order named and work them to a smooth paste and spread on toasted bread or crackers.

CHEESE SOUFFLE. Use two tablespoonfuls of butter, one-half pint of grated cheese, two tablespoonfuls of thick cream, salt, a little cayenne, three eggs. Put the butter, cheese, and cream in the chafing-dish, season, and when melted, stir in three well-beaten eggs. Stir constantly until the eggs are cooked, and serve hot.

CHEESE OMELET. Use two eggs, one tablespoonful of melted butter, one tablespoonful of grated cheese, salt, and a few grains of cayenne. Beat the eggs slightly, add a little melted butter, salt, cayenne, and cheese. Melt the remainder of the butter, add the mixture, and cook until dry without stirring. Roll and sprinkle with grated cheese.

OYSTERS SAUTEES. Use one dozen large selected oysters, butter, salt, and pepper. Drain the juice from the oysters, butter the chafing-dish well, and when hot, place the oysters in single layers. Brown on both sides. While cooking, keep adding a little butter; season with salt and pepper. When nicely browned, serve hot.

OYSTER RAREBIT. Use one cup of oysters, two tablespoonfuls of butter, one-half pound of mild cheese, a pinch of salt, a few grains of cayenne, and two eggs. Parboil the oysters and drain, reserving the liquor. Remove the tough muscle. Melt the butter in the chafing-dish, add the cheese and seasoning. As fast as the cheese melts, add the oyster liquor, and eggs slightly beaten. When the mixture becomes smooth, add the soft parts of the oysters.

OYSTERS A LA CREME. Use two tablespoonfuls of butter, half a pint of cream, a teaspoonful of salt, one teaspoonful of pepper, a little grated nutmeg, two bay-leaves, one-half cup of finely powdered cracker-crumbs, two dozen oysters. Melt the butter in the chafing-dish, add the cream and seasonings. When it boils, add the crumbs, and the oysters, blanched and drained. Cook two or three minutes and serve on hot toast.

SCALLOPED OYSTERS. Use two tablespoonfuls of butter, one-half cup of cream, and one dozen oysters. Melt the butter in the chafing-dish, and add the cream. Put in a layer of oysters, well drained, and sprinkle over it some rolled crackers; add another layer of oysters, and a layer of rolled crackers, and some small bits of butter. Season with salt and pepper. Cover, and cook about ten minutes.

OYSTERS A LA A. R. Use one pint of oysters, two tablespoonfuls of butter, one-half teaspoonful of salt, one-fourth cup of thin cream, yolks of two eggs, a few grains of cayenne, and a slight grating of nutmeg. Melt the butter in the chafing-dish, add

the oysters, and cook until plump. Add the seasonings, cream, and egg yolks. Cook until sauce is slightly thickened. Serve on thin dry toast.

CLAMS. Use two dozen clams chopped fine, two tablespoonfuls butter, two tablespoonfuls of flour, one-half cup of cream, salt and pepper to taste. Melt the butter in the chafing-dish, add the flour. Put in the clams, with half a pint of their juice; season with salt and pepper, and let them simmer from ten to fifteen minutes. Before serving, add one-half cup of cream, let come to a boil, and serve hot.

SOFT-SHELL CLAMS. Use four dozen fresh soft-shell clams, one tablespoonful of butter, a wine-glass of Madeira wine, yolks of three eggs, and one pint of cream. Melt the butter in the chafing-dish, add the clams and the wine. Allow them to cook slowly for ten minutes. Add the yolks of the eggs, well beaten, to a pint of cream, pour this over the clams, and stir constantly for about five minutes.

CLAMS A LA NEWBURG. Use one pint of clams, two tablespoonfuls of butter, three tablespoonfuls of sherry wine, one-half cupful of thin cream, yolks of three eggs, one-half teaspoonful of salt, and a few grains of cayenne. Clean the clams, remove the soft parts, and chop up the hard parts. Melt the butter in the chafing-dish, add the chopped clams, seasonings, and wine. Cook eight minutes, add soft part of clams, and cream. Cook two minutes, then add egg yolks beaten slightly, diluted with some of the hot sauce.

CURRIED LOBSTER. Use one tablespoonful of butter, two pounds of lobster, one onion, one apple, one teaspoonful of curry-powder, one tablespoonful of corn-starch, and one-half pint of cream. Melt the butter in the chafing-dish, and fry the onion and the apple, chopped very fine, until thoroughly cooked. Sprinkle with

curry-powder; mix the corn-starch with a half pint of cream, pour into the dish, and when it becomes smooth and hot, add the lobster chopped fine.

LOBSTER A LA NEWBURG. Use two pounds of lobster, one-fourth cup butter, one-half teaspoonful of salt, one tablespoonful of sherry, one tablespoonful of brandy, one-third cup thin cream, yolks of two eggs, a few grains of cayenne, and a slight grating of nutmeg. Remove the lobster meat from the shell according to the instructions given in the chapter on "Fish." Cut it in slices. Melt the butter, add the lobster, and cook three minutes. Add the seasonings and wine, cook one minute, add cream and yolks of eggs slightly beaten, and stir until thickened. Serve on toast.

BUTTERED LOBSTER. Use three tablespoonfuls of butter, two pounds of lobster, a little lemon-juice, salt, and pepper. Remove the lobster meat from the shell and cut into small pieces. Melt the butter in the chafing-dish, add the lobster, and when hot, season, and serve immediately.

SHRIMPS. Use two tablespoonfuls of butter, half an onion, grated, one-half cupful of cold rice, boiled, one-half cupful of cream, one tablespoonful of tomato sauce, and one-half pint of shrimps. Melt the butter in the chafing-dish and add the grated onion; when hot, stir in the cold rice, add the cream, shrimps, and tomato sauce. Stir until it comes to the boiling-point, and let it simmer for about five minutes.

CREAMED SHRIMPS. Use one pint of shrimps, half a pint of thin cream, a teaspoonful of paprika, two eggs, one wine-glass of Moselle wine, a little salt, and a little nutmeg. Chop the shrimps into fine pieces and put into the chafing-dish the shrimps,

cream, paprika, salt, and nutmeg. Stir the mixture constantly, and just as it reaches the boiling-point, stir in two well-beaten eggs and the Moselle. Serve hot.

SHRIMPS A LA NEWBURG. Use one pint of shrimps, three tablespoons butter, one-half teaspoon salt, few grains cayenne, one teaspoon lemon-juice, one teaspoonful flour, one-half cup cream, yolks two eggs, two tablespoons sherry wine. Cook the shrimps three minutes in two tablespoonfuls of butter. Add salt, cayenne, and lemon-juice, and cook one minute. Remove shrimps, and put remaining butter in chafing-dish, add flour and cream; when thickened, add yolks of eggs slightly beaten, shrimps, and wine. Serve with toast.

STEWED SHRIMPS. Use two tablespoonfuls of butter, one tablespoonful of flour, one pint of shrimps, one pint of milk, and salt and pepper. Melt the butter in the chafing dish, stir in the flour, salt, and pepper, and add the milk. Wash the shrimps and dry them, cut in two, and put in the dish. Stir for four or five minutes and serve immediately.

CRABS SAUTE. Use three tablespoonfuls of butter, a teaspoonful of cayenne, a tablespoonful of lemon-juice, a tablespoonful of onion juice, one pint of crab meat, and a little salt. Melt the butter in the chafing-dish, add the salt and pepper, and the lemon and onion juice. Put in the crab meat and stir constantly until well heated. Serve hot.

CRABS EN CREME. Use one-half pint of thick cream, one pint of crab-meat, salt and pepper to taste. Put the milk in the chafing-dish, add the crab meat and the seasoning. Stir, and sprinkle over the meat a little flour. Let it simmer about five minutes, and serve hot.

EGGS AU BEURRE NOIR. Use three tablespoonfuls of butter, four eggs, one teaspoonful of vinegar, salt, and pepper. Melt one tablespoonful of butter in the chafing-dish, and put in carefully the eggs. Season, and cook until whites are firm. Remove carefully to a hot platter. Then melt two tablespoonfuls of butter, add the vinegar, and pour over the eggs.

SCRAMBLED EGGS. Use five eggs, one-half cupful of milk, two tablespoonfuls of butter, salt, and pepper. Beat the eggs slightly, add salt, pepper, and milk. Melt the butter in the chafing-dish, and add the mixture. Stir constantly until of creamy consistency.

SCRAMBLED EGGS WITH TOMATO SAUCE. Use five eggs, one and one-half cupfuls of tomatoes, two teaspoonfuls of sugar, three tablespoonfuls of butter, salt, and pepper. Cook the tomatoes and sugar for five minutes. Melt the butter, and add the tomatoes, seasonings, and eggs beaten. Cook until of creamy consistency, constantly stirring. Serve with toasted bread.

CURRIED EGGS. Use three hard-boiled eggs, two tablespoonfuls of butter, the same of flour, one cupful of hot milk, one-half teaspoonful of curry-powder, salt, and pepper. Melt the butter in the chafing-dish, add the flour, seasonings, and hot milk. Cut the eggs in quarters, or eighths, and heat in the sauce, stirring constantly. Serve hot.

CREAMED EGGS. Use five hard-boiled eggs, two tablespoonfuls of butter, one tablespoonful of flour, one-half pint of cream, and one-half pint of milk, salt, a little parsley, and a slight grating of nutmeg. Melt the butter in the chafing-dish, and add the flour. When smooth, add the cream and milk, also the parsley, and nutmeg. Cut the eggs into quarters lengthwise, and add them to the sauce. Serve when thoroughly heated.

**FRENCH
OMELET.**

Use four eggs, four tablespoonfuls milk, two tablespoonfuls butter, salt, and pepper. Beat the eggs slightly, and add the milk and seasonings. Melt the butter in the chafing-dish, and turn in the mixture. Stir slightly until the whole is of creamy consistency, let it brown slightly on the bottom, fold, and turn on hot platters.

**FRICASSEED
EGGS.**

Use two tablespoonfuls of butter, one tablespoonful of flour, six mushrooms, half a pint of cream, six hard-boiled eggs, one sprig of parsley. Melt the butter in the chafing-dish, add the flour, the parsley, the mushrooms cut fine, the cream. Simmer five minutes, and add the boiled eggs cut in slices. Let the whole come to a boil, and serve at once.

**HAM AND
EGGS.**

Use two tablespoonfuls of butter, one-half pound of lean, boiled ham, a tablespoonful of chopped onion, six eggs, and a little pepper. Melt the butter in the chafing-dish, and add the ham cut in small dice, pepper, onions, and eggs. Stir constantly until the eggs are cooked.

**DRIED BEEF
WITH EGGS.**

Use two tablespoonfuls of butter, a half cupful of thin cream, one fourth of a pound dried beef shaved very thin, and three eggs. Melt the butter in the chafing-dish and add the cream and beef. Let it simmer for ten minutes and stir in the eggs. Serve as soon as the eggs are cooked.



NO dinner is now considered complete without a frozen dish of one kind or another. This dish may be either a punch or a sherbet served in the middle of the dinner, or ice-cream served for the last course. From a hygienic standpoint, ices are not to be recommended for the final course of the dinner, as cold mixtures reduce the temperature of the stomach, and thus retard digestion until the normal temperature is again reached. But if taken in the middle of the meal or at any time other than meal time, they are both nourishing and refreshing.

Frozen dishes include water ice, frappé, sherbet, punch, ice-cream, mousse, and custards.

FROZEN CUSTARD. One quart rich milk, one large cup sugar, one teaspoonful salt, yolks of six eggs, one and one-half teaspoonfuls almond flavoring, one cup cream. Let the milk come to a boil; beat the sugar, salt, and eggs together, and add the milk, a few drops at a time; return to the double boiler and cook five minutes, stirring all the time. Set away to get cold, and freeze.

PEACH ICE-CREAM. Two quarts of ripe peaches, one cup sugar, mix well and set away in a covered dish. Take one pint of milk and one of cream; let them come to a boil, mix together one cup sugar, two scant tablespoonfuls flour, and a teaspoonful salt, beat the eggs well, mix all; then add the boiling milk and

cream. Return to your kettle and boil gently twenty minutes, stirring often to prevent sticking. When quite cold, stir in the peaches, which must be mashed fine, and freeze.

GRAPE One quart grape juice, obtained by boiling the grapes
SHERBET. half an hour and straining through a jelly-bag, juice of eight good-sized oranges, one and one-half cups sugar. Mix the orange and grape juice, strain and pour into your freezer. Freeze for five minutes, pour out, and add the whites of two well-beaten eggs; return to the freezer and freeze for twenty minutes. Remove the dasher and pack away for an hour, then serve.

LEMON Half a box of gelatin dissolved in one pint cold water.
WATER ICE. Take the juice of eight lemons and mix with one and one-fourth pounds white sugar, then pour one quart of hot water on the sugar and lemons; pour one and one-half pints of boiling water over the gelatin, and when it is quite dissolved, add to the rest of the ingredients. Strain and set away to cool; when cold, whip fifteen minutes, and freeze.

CHOCOLATE Six tablespoonfuls grated chocolate, two breakfast cups
ICE-CREAM. cream, one of fresh milk, one-half pound sugar. Stir the chocolate into the milk, mixing well, add remaining ingredients, and freeze.

CARAMEL Burnt sugar ice-cream is a favorite dish in Virginia,
ICE-CREAM. and it is often called caramel cream on account of its peculiar color, though it requires neither chocolate nor vanilla. It is made by pouring boiled custard, a little at a time, over a frying-pan in which brown sugar has been burned until it is a dark-brown color. Keep on adding the custard, stirring all the time until the whole is smooth and the pan is full, then pour the contents back into the main bowl of custard, which should be the color of strong coffee when it is all mixed. The art in making this cream is in burn-

ing the sugar until it is exactly right. If this is properly prepared, you have only to freeze it like any other custard. For one gallon it requires one gallon of milk, two cupfuls of white sugar, the yolks of sixteen eggs, and two cupfuls of brown sugar well burned.

FRUIT CREAM. One and one-quarter pounds of any kind of preserved fruit, one quart cream, juice of two lemons, sugar to taste. Take the whole of the ingredients, and work through a sieve. Then freeze in a freezing-can, and work until it is frozen. Then turn out and serve.

ICE-CREAM. One quart milk, two eggs, three-fourths pound sugar, two tablespoonfuls corn-starch or arrowroot, one quart cream. Scald the milk, yolks of eggs, sugar, and corn-starch or arrowroot, until it is of the consistency of custard. Then allow to cool. When cool, add the cream whipped, and the whites of the eggs whisked to a stiff froth. Sweeten to taste, flavor, and freeze in the usual way.

STRAWBERRY WATER ICE. Boil one pint of water and three teacupfuls of granulated sugar for about ten minutes, skimming carefully. Remove from the fire and allow it to grow cold, then add two pints of strawberry juice. Many people think the flavor is improved by adding a little currant juice. Beat the mixture well together, and freeze. Red raspberry ice made in the same way is also excellent.

VANILLA ICE-CREAM. Beat the yolks of eight eggs with three fourths of a pound of sugar until very light. Put one and one-half pints of rich milk on the fire to scald, highly flavored with vanilla. When the milk is scalded, stir it into the egg as soon as it is cool enough not to curdle. Now stir the mixture constantly until it has slightly thickened. Do not let it remain too long and curdle, or it will be spoiled. When taken off the fire again, mix in one-fourth box of gelatin which has been soaked one-half hour in two tablespoon-

fuls of lukewarm water near the fire. The heat of the custard will be sufficient to dissolve it if it is not already dissolved. Cool the custard well before putting it into the freezer, however; stir it almost constantly until it begins to set; then stir in lightly a pint of cream, whipped. Stir it for two or three minutes longer, put it into a mold, and return it to a second relay of ice and salt.

ORANGE Rub sugar on the peel of two oranges and one lemon.
WATER ICE. Squeeze and strain the juice of the lemon and six oranges. Dissolve the flavored sugar with a little hot water, and mix with one-half pint of syrup. If too sweet, add a little water. Strain into the freezing-pot, and finish as lemon water ice.

CRYSTAL A rich custard, one-fourth ounce gelatin dissolved in a
PALACE little boiling water, two sponge cakes, two macaroons,
CREAM. two tablespoonfuls milk. Make the custard, dissolve the gelatin, and when it is nearly cold, pour into the custard, which must also be cool; soak the cakes and macaroons in the milk (or, if preferred, any fruit syrup, which must be rich and sweet). Put the cakes into a mold and gently pour the cream over them; let it stand till cold. A few glacé cherries may be added.

LEMON One pint of thick cream, yolks of two eggs, four ounces
CREAM. of fine sugar, rind of one lemon cut thin, juice of the lemon. Well beat the yolks and add to the cream, sugar, and rind of the lemon; boil, and then stir it till almost cold; put the juice of a lemon into a dish and pour the cream upon it, stirring until quite cold.

CHERRY Take two quarts cherries, heaping quarts, and bruise
CREAM. them without removing the pits, throw over them three-fourths cupful sugar, and let them stand in a cool place for two hours. Then strain. Sweeten the juice after straining, beat a pint of cream, gradually add the juice, and the beaten whites of two

eggs, continually whisking it till no more froth arises. The secret of success is to have cream and eggs all thoroughly chilled on ice, and in adding the juice a little at a time to prevent curdling.

LEMON CREAM, SOLID. Half a pint of cream, the juice of three lemons and the rind of two, three-fourths pound loaf sugar in small lumps. Rub the sugar on the lemons, and lay them at the bottom of the dish, pour the lemon-juice over, make the cream a little warm; then, standing on a chair and with the dish on the ground, pour the cream on so as to froth it.

LEMON CREAM WITHOUT CREAM. Four lemons, twelve tablespoonfuls water, seven ounces powdered white sugar, yolks of nine eggs. Peel the lemons very thin into the above proportion of water, then squeeze the juice into the sugar. Beat the yolks thoroughly and add the peel and juice together, beating for some time. Then strain into your saucepan, set over a gentle fire, and stir one way till thick and scalding hot. Do not let it boil or it will curdle. Serve in jelly glasses.

TUTTI FRUTTI. When a rich cream is partly frozen, candied cherries, English currants, chopped raisins, or any other candied fruits, chopped rather fine, are added; add about the same quantity of fruit as there is of ice-cream. Mold and embed in ice and salt. Serve with whipped cream.

NESSELRODE PUDDING. Make a custard with one pint milk, eight tablespoonfuls sifted sugar, and yolks of seven eggs (or use one-half pint milk and one-half pint cream); let the milk come to the boil, then mix it with the other ingredients; after stirring for some time put the mixture in a pan over the fire, and go on stirring till it thickens, but it must not boil, or it will curdle; strain and flavor it with vanilla or any other flavor. Divide the custard in two separate basins; flavor and color the one to taste, partly freeze it, and add a

small tumblerful of whipped cream, slightly sweetened with powdered sugar. Meantime brown in one-half ounce fresh butter, four ounces blanched almonds, and one ounce sifted sugar; pound this quite smooth, mix with the other half of the custard, strain and freeze. Mold the two ices in layers, and freeze for two hours.

STRAWBERRY Sprinkle sugar over the strawberries, mash them well, **ICE-CREAM.** and rub them through a sieve. To a pint of the juice add a pint of good cream. Make it very sweet. Freeze it in the usual way, and, when beginning to set, stir in lightly one pint cream, whipped, and lastly a handful of whole strawberries, sweetened. Put it into a mold which is embedded in ice. Or, when fresh strawberries can not be obtained, there is no more delicious cream than that made with the French bottled strawberries. Mix the juice in the bottle with the cream, and add the whipped cream, and the whole strawberries when the juice, etc., have partly set in the freezer.

PINEAPPLE Make a plain vanilla ice-cream, and when partially **ICE-CREAM.** frozen, stir in one-half can grated pineapple. Mix well, and complete the freezing. The remainder of the pineapple may be converted into a most delicious trifle.

PINEAPPLE Line a pretty dish with stale sponge cake, and spread **TRIFLE.** upon it the grated pineapple. Whip one pint sweet cream, sweeten and flavor with vanilla; stir in one-fifth box good gelatin, which has been previously soaked in one-fourth cup cold water, then dissolve by adding one-fourth cupful boiling water. Pour this over the cake, and set on ice to stiffen.

GRAPE Lay a square of cheese-cloth over a bowl; put in a **SHERBET.** pound of ripe grapes; mash very thoroughly with a wooden masher; squeeze out all the juice; add an equal amount of cold water, the juice of one lemon, and sugar enough to make it very sweet. Freeze as usual.

CURRENT ICE. Boil one quart of water and a pound of sugar until reduced to a pint, skim it, take it off the fire, add a pint of currant juice; when partly frozen, stir in the whites of four eggs. Mold, and freeze again. A good ice for fever patients.

**LEMON
SHERBET.**

Soak one teaspoonful gelatin in one-fourth cup cold water, and dissolve with one-fourth cup boiling water. Add the juice of six lemons, one pint sugar, and three and one-half cups water. Strain and freeze. If the lemons have become dry by being kept in the house, let them soak in cold water for a little time. A good way is to pour boiling water over the fruit, and then drop into cold water. This would destroy any insects which might be in the peel. Lemons may be kept in sour milk with good result. The gelatin is not used for nutriment, but to give a better consistency to the sherbet. If it is not convenient to use a freezer, the sherbet may be frozen in a pail. Put the lemon mixture in the pail and pack into a pail of ice and rock salt, using half salt and half finely cracked ice in alternate layers. When it becomes hardened, scrape the sherbet from the side of the pail, and beat with a Dover egg-beater. Pack down again, and keep closely covered until ready to serve. If the sherbet is to be frozen in an ice-cream freezer, use two thirds of ice, and one third of rock salt, in alternate layers. Turn the crank very slowly, as the slower it is turned the faster the cream is frozen, and the smoother it is. If the crank is turned rapidly, the liquid is stirred about so that it does not come in contact with the sides of the can long enough to freeze.

**ICED
PUDDING.**

One and one-half pints of custard, composed of the yolks of four eggs, four tablespoonfuls of sugar, a flavoring of vanilla, eight ounces fruits, consisting of equal parts of dried cherries, pineapple, dried pears, or apricots, all cut into very small pieces. These fruits may be selected, or perhaps it would be more convenient to purchase one-half pound of the French preserved dried fruits; or add one ounce candied citron, sliced, two ounces currants, two ounces stoned and chopped raisins, and one-half

pint cream, whipped. Freeze the custard in the usual manner, then mix in the fruits and whipped cream. Put into a mold, and place it on ice and salt. Serve whipped cream around it.

CUSTARD. One and a half quarts rich milk, one cup sugar, one-half box gelatin, four eggs, vanilla to taste. Dissolve the gelatin in the milk; add the yolks and sugar; let it come to a boil, then remove from the fire. When cool, add whites of eggs, etc. Pour into mold. To be eaten with cream, if preferred.

CHOCOLATE CUSTARD. One quart milk, yolks of six eggs, six tablespoonfuls sugar, one-half cup grated vanilla chocolate. Boil the ingredients until thick enough, stirring all the time. When nearly cold, flavor with vanilla. Pour into cups, and put the whites of the eggs, beaten with some powdered sugar, on top.

FROZEN CUSTARD WITH FRUIT. Two pints milk, same of cream, six eggs, three teacups sugar, one pint berries, or peaches cut up small. Let the milk nearly boil; beat the yolks of the eggs with the sugar, and add the milk by degrees. Whip the whites of the eggs to a froth and add to the mixture; put all in a saucepan, stirring until it is a nice thick and smooth custard. When perfectly cold, whisk in the cream and freeze. If the custard is allowed to freeze itself, stir in the fruit after the second beating.

COFFEE MOUSSE. Use one quart cream, one cup boiled coffee, one cup sugar, one and one-half tablespoonfuls granulated gelatin, five tablespoonfuls of hot water. Add a little sugar to the coffee, put in the gelatin soaked in cold water and dissolved in hot water. Set in a pan of ice-water and stir until it begins to thicken; then fold in whip from cream, put in mold, cover, pack in salt and ice, and let stand four hours. This dish may be made of berries, using the juice of about one quart of berries, instead of the coffee.

**PEACHES
AND CREAM
FROZEN.**

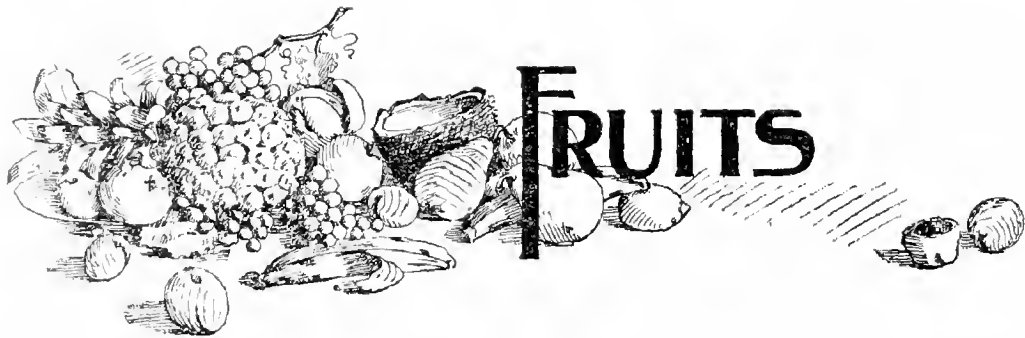
Peel and quarter the fresh peaches; mix them with sugar and cream to taste. Arrange some of the quarters of the peaches tastefully in the bottom of a basin, then fill, and freeze the mass solid without stirring. Turn it out to serve.

**CARDINAL
PUNCH.**

Use two cups sugar, four cups of water two-thirds cup of orange-juice, one-third cup of lemon-juice, one-fourth cup of brandy, one-fourth cup of Curacao, and one-fourth cup of tea infusion. Make a syrup by boiling water and sugar twenty minutes, add fruit juice and tea, and freeze to a mush; add the liquors and continue freezing. Serve in small frappé glasses.

**ROMAN
PUNCH.**

Use two cups of sugar, four cups of water, one-half cup of lemon-juice, one-half cup of orange-juice, one-half cup of tea infusion, and one-half cup of rum. Make a syrup by boiling water and sugar twenty minutes, add fruit juice and tea, and freeze to a mush, add the liquors and continue freezing. Serve in frappé glasses.



PRESERVING AND CANNING. Fruit for preserving and canning must be gathered in dry weather, and should be carefully selected, discarding all bruised fruit, and purchasing only that of the largest and finest quality. Use only the best white sugar. There is no economy in using common sugar, because it causes a greater amount of scum, which must of course be taken off. In making syrups the sugar must be pounded, and dissolved in the syrup before setting on the fire; no syrups or jellies should be boiled too high. Fruits must not be put into a thick syrup at first.

Fruits preserved whole or sliced may be boiled in a syrup made of two pounds of sugar to every pound of water, the quantity of syrup differing in some cases, but the general rule is one and a half the substance of fruit. The following has been found very good:—

To clarify six pounds of sugar, put into a preserving-pan, and pour into it five pints of cold spring water; in another pint beat lightly up the white of one small egg, but do not froth it very much; add it to the sugar, and give it a stir to mix it well with the whole. Set the pan over a gentle fire when the sugar is nearly dissolved, and let the scum rise without being disturbed; when the syrup has boiled five minutes take it from the fire, let it stand a couple of minutes, and then skim it very clean; let it boil again, then throw in half a cup of cold water, which will bring the remainder of the scum to the surface; skim it until it is perfectly clear, strain it through a thin cloth, and it will be ready for use, or for further boiling.

All unripe fruit must be rendered quite tender by gentle scalding, before it is put into syrup, or it will not imbibe the sugar; and the syrup must be thin when it is first added to it, and be thickened afterward by frequent boiling, or with additional sugar; or the fruit will shrivel instead of becoming plump and clear. A pound of sugar boiled for ten minutes in one pint of water will make a very light syrup; but it will gradually thicken if rapidly boiled in an uncovered pan. Two pounds of sugar to the pint of water will become thick with a little more than half an hour's boiling, or with three or four separate boilings of eight or ten minutes each; if too much reduced, it will candy instead of remaining liquid.

In making jams many cooks, after allowing the proper proportion of sugar, put the fruit into the preserving-pan without removing the stones or skins until after boiling, as the flavor is thought to be finer by adopting this method. Glass bottles are preferable to any other, as they allow inspection to detect incipient fermentation, which may be stayed by reboiling. Copper or brass preserving-pans are the best kind to use, but they require a great deal of care to keep clean; the enameled are very nice and easily kept in order. Jams should be kept in a dry, cool place, and if properly made, will only require a small round of writing-paper oiled, and laid on to fit, and tied down securely with a second paper brushed over with the white of egg to exclude the air.

TO PRESERVE FRUIT IN SYRUP. To every pound of fruit allow one pound of lump sugar, one-half tumbler of cold water. Boil the water and sugar together until it thickens slightly, which will take about one-half hour if the sugar is good. Take off the scum as it rises. Add the fruit and boil for one-half hour (rather longer if stone fruit), stirring very slightly, or the fruit will break. Take off the scum as it rises, but if both sugar and fruit are good there will be very little. Put into jars and tie over.

N. B.—To keep well, fruit must be perfectly sound and dry when gathered.

PLUM JAM. Allow three-fourths pound of white sugar to one pound of fruit. It is difficult to give the exact quantity of sugar to be used in plum jam; in fact, it entirely depends upon the quality of the plums used; therefore your own judgment will be necessary. After weighing the plums, halve them and remove the stones; then place on a large dish, and sprinkle with the sugar; leave them thus for twenty-four hours; then put into a preserving-pan, and let them simmer gently on the back of the stove for about twenty-five or thirty minutes, then boil very quickly for one-fourth hour, skimming carefully, and stirring with a wooden spoon to prevent the jam sticking. It greatly improves the jam to put some kernels from the plum-stones into it.

CURRENT JAM. Three quarters of a pound of white sugar to every pound of fruit. Let the fruit be very ripe, remove from the stalks with a silver fork; dissolve the sugar over the fire, then put in the currants, and boil for a half-hour, stirring and skimming all the time. Put into jars, and cover air-tight.

RASPBERRY JAM. Allow one pound white sugar to one pound fruit, and one-half cup red currant juice. As soon as this fruit is purchased preserve it; if allowed to stand, the jam and the flavor will not be so good; place in preserving-pan and allow to boil for one-half hour. Be particular to skim well, as this will make the jam nice and clear. When done, place in pots, and cover in the usual manner.

GOOSEBERRY JAM. Some fine, full-grown, unripe gooseberries, their weight in sugar; to one pint of liquor allow one pound of sugar. Cut, and pick out the seeds of the gooseberries; put them into a pan of water, green, and put them into a sieve to drain; beat them in a marble mortar, with their weight in sugar. Boil a quart of them to a mash in a quart of water; squeeze, and add to the liquor sugar in the above proportions; then boil and skim it, put in your green gooseberries, and having boiled them till very thick, clear and of a nice green, put them into bottles.

DAMSON JAM. Equal quantities of fruit and jelly. Choose the fruit without blemish; remove the stones from the fruit, and put it and the sugar into your preserving-pan; stir slowly until the sugar is melted, and remove all scum. After the jam has begun to simmer, allow it to boil for an hour. It is necessary to stir diligently, or the jam will burn. When done, pot in the usual way.

TOMATO PRESERVES. Select small, green tomatoes, wipe carefully, and prick the skins in several places. To one-half peck of these, take four pounds sugar, juice of six large lemons, and two ounces green ginger-root, and one ounce of mace; put on the rest of the ingredients, and let them boil one-half hour, skimming carefully; then put on the tomatoes, and let them cook gently. When the tomatoes are clear and can be pierced with a straw, take them up and lay carefully on plates to cool, allowing the syrup to simmer on the back of the stove. Put the tomatoes into jars, pour over the syrup, and seal. Small yellow tomatoes may be preserved in the same way.

TOMATO JELLY. One peck yellow tomatoes cut into pieces and boiled until soft; strain through a jelly-bag; put on the fire and boil twenty minutes; to every cup of juice measure one of sugar; set the sugar in the oven, being careful that it is only heated through, not scorched. At the end of the twenty minutes add the sugar and the juice of a dozen lemons which has been strained through your jelly-bag; boil fifteen minutes more, then pour into your jelly-glasses. Have the glasses just washed in hot water and wiped dry, and put a teaspoon in each one as you are ready to fill it. This will prevent the hot liquid from breaking the glasses.

GREEN GRAPE JAM. To one pound grapes allow three-fourths pound sugar. Pick the grapes carefully and reject any that are injured; wash them. Put the grapes into a preserving-pan, then a layer of sugar, then a layer of grapes. Boil on a moderate fire, stirring it all the time to prevent its burning, and as the

grape stones rise, take them out with a spoon, so that by the time the fruit is sufficiently boiled — about one hour — the stones will have all been taken out. Put into jars and cover in the usual way.

QUINCE Four pounds peeled and thinly sliced quinces, in two
MARMALADE. quarts acidulated water, two pounds peeled, cored, and sliced apples, three pounds sugar. Place the fruit on the fire to boil until soft; then add the sugar, and stir the marmalade with a clean wooden spoon over a brisk fire until reduced to a rather thick paste — running rather slowly off the spoon when lifted out of the pan; the marmalade must then be immediately removed from the fire and poured into pots.

BLACKBERRY To every pound of picked fruit, allow one pound loaf
JAM. sugar, and one-fourth pound apples, peeled and cored, and cut quite small. Boil the fruit for ten minutes, add the sugar, boil, stir, and remove all scum. It will take from one half to three fourths of an hour.

STRAWBERRY To one pound fruit, allow three-fourths pound or one
JAM. pound sugar; to four pounds strawberries, add one pint red currant juice. Put the currant juice and strawberries on to boil for thirty minutes, and stir carefully all the time; then put in the sugar, and boil up very quickly for twenty or twenty-five minutes, removing any scum that arises; put into your jars, covering air-tight. If a pound of sugar is used there will be more jelly.

APPLE Pare, core, and quarter some apples; put into a pre-
MARMALADE. serving-pan, with sufficient water to prevent burning. Boil till it is a pulp. Take an equal weight of sugar in large lumps, dip in water, and boil till it is a thick syrup; put it to the pulp, and simmer on a quick fire, quarter of an hour. Grate in lemon peel before it is boiled.

APPLE Dissolve one pound sugar in one-fourth pint water;
CHEESE. add one and one-half pounds apples, cut in quarters,
 and the rind of one lemon grated. Boil three hours;
 ten minutes before that time, add the juice of the lemon; stir all the
 time after the lemon is added, and boil quickly.

TO PRESERVE To one pound fruit, quite ripe, add one pound finely
RASPBERRIES. sifted sugar. Make the sugar as hot as possible with-
 out scorching, put it to the fruit, and stir till every
 particle of sugar is dissolved; put it in jars, and tie down with bladder.
 It will keep for a year, and looks just like fresh raspberries crushed
 with sugar.

QUINCE JAM. To one pound quinces allow three-fourths pound sugar.
 Peel and quarter the quinces, leaving the seeds in, as
 they readily impart their mucilage to the water, and thus thicken the
 syrup. Put the fruit and sugar into a preserving-pan, and one-half
 teacupful water to moisten the bottom of the pan; stir the fruit and
 sugar frequently, and when it boils keep it boiling rapidly until the
 fruit is soft and of a clear, red color. It will take about an hour,
 reckoning from the first boiling-up. Put into jam-pots, and cover
 when cold.

GREEN FIG Equal quantity of fruit and syrup, peel of one large
PRESERVES. lemon, a little ginger. Lay the figs in cold water for
 twenty-four hours, then simmer them till tender; put
 them again into cold water, and let them remain for two days, changing
 the water each day. If not quite soft, simmer again, and replace in
 cold water until next day. Take their weight in loaf sugar, and with
 two thirds of it make a syrup, in which simmer the figs for ten minutes.
 In two days take the third of the sugar, pound fine, and pour the syrup
 from the figs on it. Make a rich syrup with the peel of the lemon
 and a little raw ginger, and boil the figs in it, then mix all together,
 and put into large jam-pots. The figs may be cut in half, if preferred,
 after they have simmered until soft.

APPLE JAM. Allow to every pound of pared and cored fruit three-fourths pound white sugar, the rind of one lemon, and juice of one-half lemon. Having peeled and cored the apples, weigh them, and slice them very thin. Place in a stone jar, and surround with boiling water; allow them to boil until tender; when tender, place in a preserving-pan, add the sugar, grated lemon, and juice. Boil slowly one-half hour from the time it begins to simmer, remove the scum, and put into jars and cover in the usual manner.

PRESERVED PUMPKINS. Use equal proportions of sugar and pumpkins, one gill lemon-juice. Cut the pumpkin in two, peel, and remove the seed, cut in pieces about the size of a fifty-cent piece; after weighing, place in a deep vessel in layers, first sprinkling a layer of sugar, then of pumpkin, and so on, until it is finished; now add the lemon-juice, and set aside for three days; now for every three pounds of sugar, add one-half a pint of water, and boil until tender. Pour into a pan, setting aside for six days, pour off the syrup, and boil till thick; skim, and add the pumpkin while boiling; bottle in the usual manner.

QUINCES PRESERVED WHOLE. Some ripe quinces; to every pint of water allow three pounds white sugar. Pare the quinces, and put them into the preserving-pan, three-fourths covered with cold water (if they should float while the water is being poured on them, press them down with a plate until you have gauged the exact height of the water); take out the quinces, measure the water, and add the sugar. Let this boil rapidly in the preserving-pan for five minutes, and then put in quinces. The syrup should not cover them at first, but when they are half cooked, it will then amply cover the fruit. Boil the quinces rapidly, until soft enough for a knitting-needle to pierce them easily, which should be in an hour and a half, reckoning from the first boiling-up. Take the quinces out carefully, so as not to break them, and lay them on dishes to cool. Run the syrup through a jelly bag, or a piece of new flannel, put in a gravy strainer; this frees it of all odd little bits that may boil from the out-

side of the quinces, and makes it clearer. Put the syrup back in the preserving-pan, and boil it rapidly until it will jelly when dropped on a plate; put the quinces into the boiling syrup, and let them simmer gently for ten minutes. Place each quince carefully in wide-necked jars, pour the hot syrup over them, and when cold cover in the usual way.

PRESERVED ORANGES. Any number of oranges, with rather more than their weight in sugar; allow rather more than one-half pint of water to each pound of sugar. Slightly grate and score the oranges round and round with a knife, but not very deeply. Put them into cold water for three days, changing the water twice each day. Tie them up in a cloth and boil them until they are quite soft, that is, soft enough to be penetrated by the head of a pin. While they are boiling, place the sugar on the fire with the water; let it boil for a few minutes, then strain it through muslin. Put the oranges into the syrup and boil till it jellies, and is of a yellow color. Try the syrup by putting some to cool; it should not be too stiff. The syrup need not cover the oranges completely, but they must be turned so that each part gets thoroughly done. Place the oranges in pots, cover with syrup, and tie down with paraffin papers. This is an excellent way of preserving oranges or shaddocks whole. Only they should be looked at now and then, and boiled up again in fresh syrup, if what they are in has become too hard, which, however, if they have been properly done, will not be the case. They form a nice dish for dessert, or for serving, filled with whipped cream or custard, either cold or gently warmed through in the syrup in a stew-pan.

TO COVER PRESERVES. Cut a round of thin paper the size of your jar, brush it over with white of egg, and place on the preserve, egg downward. See that it lies flat, so as to keep out the air. Cut a round of white cooking-paper rather larger than your jar. Snip round the edge. Brush well over with white of egg, place on your jar, and stick down the edges round the jar with a dry cloth. Let your jam be cold before done, and let the paper on the top dry well before putting away.

APPLE Some good cooking apples, three-fourths pound fruit,
MARMALADE. one-half teacupful water to six pounds sugar, a few
cloves, cinnamon, or lemon peel for flavor. Peel,
core, and thinly slice the apples (apples that cook to a smooth pulp
easily); put the sugar in a preserving-pan (a tin or iron saucepan will
turn them black) with the water; let it gradually melt, and boil it for
ten minutes; then put in the sliced apple, and a few cloves, cinnamon,
or lemon peel to flavor, if liked. Boil rapidly for an hour, skim well,
and put in jam-pots; it should be quite a smooth pulp, clear, and a
bright amber color. Will keep good for twelve months.

GRAPE Take ten pounds of nice, ripe grapes, and wash them
MARMALADE. carefully; squeeze the pulps into one dish, and throw
the skins into another, put the pulps through a colander
to remove seeds, then put pulps and skins together with three-fourths
pound sugar to one pound of fruit, and cook thoroughly until jellied.

SWEET Three and one-half pounds tomatoes, one and three-
TOMATO fourth pounds sugar, one-half ounce each of cinnamon,
PICKLE. mace, and cloves mixed, one pint vinegar. Peel and
slice the tomatoes, sticking into them the cloves; put
all together into a stew-pan, and stew an hour. When done, pack in
glass jars, and pour the syrup over boiling hot.

SWEET To four pounds peaches allow two pounds white sugar,
PEACH one-half ounce each of mace, cinnamon, and cloves
PICKLE. mixed, and one pint of the best white vinegar. Pour
scalding water over the peaches and remove the skins
with a butter-knife; drop into cold water; stick four cloves in each
peach. Lay the peaches in preserving-pan with the sugar sprinkled
over them; bring gradually to the boil, add vinegar and spice, boil five
or six minutes. Remove the peaches and place in bottles. Boil the
syrup thick, and pour over boiling hot.

ICED FRUIT. Any desirable fruit may be iced by dipping first in the beaten white of an egg, then in pulverized sugar. Do this until the icing is sufficiently thick. Peaches should be pared and cut in halves, and sweet, juicy pears are treated in the same way. Cherries, strawberries, and other small fruits, are iced with the stems on, only the largest being chosen. Pineapples should be cut into thin slices and these again divided into quarters. Oranges and lemons should be carefully pared, and all the white skin removed. Lemons are cut into horizontal slices, and oranges are divided into quarters.

SALTED PEANUTS. Buy one quart of unroasted peanuts, break the shells carefully to prevent crushing; then drop the nuts into very hot water and rub gently until the red skin is off. Dry carefully, lay on flat tin plates, and pour melted butter over them—a couple of teaspoonfuls will suffice; then set in rather quick oven until a nice brown; then take up and sprinkle liberally with salt, tossing them so that both sides will receive a coat.

CANNED PEACHES. First prepare the syrup. For canned fruits, one quart granulated sugar to two quarts water is the proper proportion; to be increased or lessened, according to the quantity of fruit to be canned, but always twice as much water as sugar. Use porcelain kettle, and, if possible, take care that it is kept solely for canning and preserving—nothing else. Have another porcelain kettle by the side of the first, for boiling water (about three quarts). Put the peaches, a few at a time, into a wire basket, such as is used to cook asparagus, etc. See that it is perfectly clean and free from rust. Dip them, when in the basin, into a pail of boiling water for a moment, and transfer immediately into a pail of cold water. The skin will then, at once, peel off easily, if not allowed to harden by waiting. This, besides being a neat and expeditious way of peeling peaches, also saves the best part of the fruit, which is so badly wasted in the usual mode of paring fruit. As soon as peeled, halve and drop the peaches into boiling water, and let them simmer—not boil hard—till a silver fork can be passed through them easily. Then lift each

half out separately with a wire spoon, and fill the can made ready for use; pour in all the boiling syrup which the jar will hold; leave it a moment for the fruit to shrink while filling the next jar; then add as much more boiling syrup as the jar will hold, and cover and screw down tightly, immediately. Continue in this way, preparing and sealing one jar at a time, until all are done. If any syrup is left over, add to it the water in which the peaches were simmered, and a little more sugar; boil it down till it "ropes" from the spoon and you have a nice jelly, or, by adding some peaches or other fruit, a good dish of marmalade. Peaches or other fruit, good, but not quite nice enough for canning, can be used in this way very economically. Peaches to be peeled as directed above, should not be too green or too ripe, else, in the first place, the skin can not be peeled off, or, if too ripe, the fruit will fall to pieces.

CANNED PEACHES (2). After peeling and halving, as above directed, lay a clean towel or cloth in the bottom of a steamer over a kettle of boiling water and put the fruit on it, half filling the steamer. Cover tightly and let it steam while making the syrup. When this is ready, and the fruit steamed till a silver fork will pass through easily, dip each piece gently into the boiling syrup; then as gently place in the hot jar, and so continue till all have been thus scalded and put in the jar. Then fill full with syrup, cover and seal immediately. While filling, be sure and keep the jars hot.

PINEAPPLES. Pare very carefully with a silver knife, as steel injures all fruit. With the sharp point of the knife dig out as neatly and with as little waste as possible, all the "eyes" and black specks, then cut out each of the sections in which the "eyes" were, in solid pieces clear down to the core. By doing this all the real fruit is saved, leaving the core a hard, round, woody substance, but containing considerable juice. Take this core and wring it with the hands as one wrings a cloth, till all the juice is extracted, then throw it away. Put the juice thus saved into the syrup; let it boil up five minutes, skim till clear, then add fruit. Boil as short a time as possible, and

have the flesh tender. The pineapple loses flavor by overcooking more rapidly than any other fruit. Fill into well-heated jars, add all the syrup the jar will hold; cover and screw down as soon as possible.

PEARS. The skin will not peel off so easily as that of peaches by dipping them in boiling water, but it will loosen or soften enough to be taken off with less waste of the fruit than if pared without scalding. Prepare the syrup and proceed as for peaches. They will require longer cooking; but as soon as a silver fork will pass through easily, they are done. Longer cooking destroys the flavor.

PLUMS. Plums should be wiped with a soft cloth or dusted, never washed. Have the syrup all ready, prick each plum with a silver fork to prevent the skin from bursting, and put them into the syrup. Boil from eight to ten minutes, judging by the size of the fruit. Dip carefully into the hot jars, fill full, and screw on the cover immediately. Cherries may be put in the same way.

PRESERVED CRAB-APPLES. Select fine, large crab-apples, prick the skins in several places; put into your preserving-kettle three-fourths pound of sugar to each pound of fruit and a cupful of water; let the syrup boil twenty minutes, skimming off the scum which rises to the top; then put in your fruit and cook gently until the apples can be pierced with a straw; then take them out and lay on plates; boil the juice one-half hour longer; then put the fruit in jars, fill up with juice, and seal.

CANNED STRAW-BERRIES. Allow to each pound of fruit three-fourths pound of sugar. Put berries and sugar into a large, flat dish and allow to stand about three hours, then draw off the juice and put into preserving-pan and allow to come to a boil, removing the scum as it rises; then put in the berries, and let them come to a boil. Put into warm bottles and seal quickly.

CANNED To every pound of fruit, one-half pound of sugar,
CHERRIES. three gills of water. Put the sugar and water on the fire to heat, and as soon as it comes to a boil, put in the cherries and allow them to scald for one-fourth hour; put into bottles boiling hot, and seal. A few of the kernels put in to scald with the fruit impart a fine flavor. N. B.—Be sure to skim well.

FRUIT The fruit should be placed in a jar, and the jar set in a
JELLIES. stew-pan of warm water, covered, and allowed to boil until the fruit is broken; take a strong jelly-bag and press a little of the fruit at a time, turning out the skins each time; allow two pounds of sugar to one quart of juice, set on the stove to boil again. Many good cooks heat the sugar by placing in the oven and stirring now and then to prevent burning. When the juice begins to boil (watch that it does not boil over twenty-five minutes), then add the heated sugar; stir well and just bring to a boil, remove directly from the stove, dip the vessels to contain it in hot water, and set them upon a dish-cloth wrung out of warm water, pouring the boiling liquid into them; cover in the usual manner.

RHUBARB Soak two ounces gelatin in a pint of water with one-
JELLY. half pound best lump-sugar; well wash and slice about two and one-half pounds of rhubarb of a nice bright color, put it into a stew-pan to boil with a quart of water, leave it to get thoroughly stewed, but not long enough to let the juice get thick; strain the latter, and add one and one-half pints of it to the dissolved gelatin, with the whites and shells of three eggs. Whisk it all quickly on the fire, pass it through the jelly-bag, and pour it into a mold and leave it to set.

ORANGE AND Soak six tablespoonfuls of tapioca for three hours in
TAPIOCA two cupfuls of salted water; set in hot water and boil,
JELLY. adding four teaspoonfuls of sugar, and a little boiling water if too thick. When like custard, add the juice of one orange. Cover the bottom of the mold with sliced oranges, and when the jelly is cool, pour it over the fruit.

**QUINCE
JELLY.**

Ripe quinces, allowing one pint of water to each pound of fruit, three-fourths pound of sugar to each pound of juice. Prepare the quinces and put them in water in the above proportions; simmer gently till the juice becomes colored, but only very pale; strain the juice through a jelly-bag, but do not press the fruit; allow it to drain itself. Put the strained juice in a preserving-pan and boil twenty minutes; then stir in the sugar in the above proportions, and stir over the fire for twenty minutes, taking off the scum, and pour into glasses to set. It should be rich in flavor, but pale and beautifully transparent. Long boiling injures the color.

**RASPBERRY
JELLY.**

Ripe, carefully picked raspberries; allow three-fourths pound of pounded sugar to every pound of fruit. Boil the raspberries for ten minutes, strain and weigh the juice and add the sugar in the above proportions and boil for fifteen or twenty minutes. Skim and stir well.

**CHERRY
JELLY.**

Maydukes or Kentish cherries (allowing three-fourths pint of water to one pound of fruit). Boil the cherries in the water, strain the juice, and proceed as for raspberry jelly.

**GREEN
GOOSEBERRY
JELLY.**

Carefully picked gooseberries, allowing to each pound of fruit three-fourths pint of water; to every pound of juice allow one pound of white sifted sugar. Boil the fruit in the water, reduce to a pulp—it will take one half-hour—strain through a jelly-bag, weigh the sugar in the above proportions; boil up the juice quickly and add the sugar; boil till reduced to a jelly (about twenty minutes), skim and stir well; pour into pots.

**RED
GOOSEBERRY
JELLY.**

Make it in the same way as the green, but three-fourths pound of sugar will be sufficient for each pound of juice. In straining the juice be careful not to press the fruit. The surplus fruit, with the addition of some currant juice, can be made into common jam.

**RED
CURRANT
JELLY.** Red currants, three-fourths pound of sugar to one pound of juice. Pick the fruit and simmer it in water for about an hour, or until the juice flows freely; strain, boil up the juice, add the sugar, and boil again, skimming and stirring well for fifteen minutes. Put into small pots, and when cold and firm, cover it.

**BLACK
CURRANT
JELLY.** Make in the same way, but use the larger proportion of sugar.

**WHITE
CURRANT
JELLY.** Pick the fruit carefully, weigh it, and put into the preserving-pan equal quantities of fruit and sugar. Boil quickly for ten minutes, and strain the juice into the pots; when cold and stiff, cover them.

**BLACKBERRY
JELLY.** Make as directed for red currant, but use only ten ounces of sugar to each pound of juice. The addition of a little lemon-juice is an improvement.

**BARBERRY
JELLY.** Barberries, a little water, three-fourths pound of sugar to every pound of juice. Take ripe barberries, carefully reject any spotted or decayed ones, wash, drain them, and strip off the stalks. Boil with a very little water till quite tender, press out and strain the juice, boil up the juice, add the sugar, and boil for ten minutes, skimming and stirring as above.

**MIXED FRUIT
JELLY.** Fruit, strawberries, currants, cherries, etc.; three-fourths pound of sugar to each pound of juice. Take ripe fruit, strip off the stalks, and remove the stones from the cherries, boil all together for a half-hour, strain the juice. Boil up the juice, add the sugar in the above proportions, stirring well till quite dissolved, boil again for fifteen or twenty minutes till it jellies, stirring frequently, and carefully removing all scum as it rises,

**QUINCE
JELLY.**

Ripe quinces ; to every pound of quince allow one pound of crushed sugar. Peel, cut up, and core the quinces. Put them in sufficient cold water to cover them, and stew gently till soft, but not red. Strain the juice without pressure, boil the juice for twenty minutes, add the sugar and boil again till it jellies,—about one-fourth hour,—stir and skim well all the time. Strain it again through a napkin, or twice-folded muslin, pour into pots or molds, and when cold, cover it. The remainder of the fruit can be made into marmalade with three-fourths pound sugar and one-fourth pound juicy apples to every pound of quinces, or it can be made into compotes or tarts.

**QUINCE AND
APPLE
JELLY.**

Equal quantities of quinces and apples ; to every pound of juice allow three-fourths pound white sugar. Stew the fruit separately till tender (the quinces will take longer), strain the juice, mix it, and add the sugar. Proceed as in quince jelly.

**APPLE
JELLY.**

Some sound apples ; allow three-fourths pound sugar to each pound of juice. Peel, core, and quarter the apples, and throw them into cold water as they are done ; boil them till tender, then strain the juice from them through a fine sieve, and afterward through a jelly-bag—if necessary, pass it through twice, as the juice should be quite clear ; boil up the juice, add the sugar, stir till melted, and boil for another ten minutes ; add the strained juice of a lemon to every one and one-half pounds of juice just before it is finished.

**APPLE
JELLY (2).**

One pound moist sugar, one pound apples, one lemon —the juice of the lemon to be used and the rind added, cut very fine. Boil the whole until it becomes a perfect jelly ; let it stand in a mold till quite firm and cold, turn it out and stick it with almonds ; set custard round. If for dessert, use a small plain mold.

ORANGE JELLY. Put one package of gelatin to soak in one pint of cold water ; when it is dissolved, add two pints of boiling water and juice of one-half dozen oranges and two lemons, as well as one pound of sugar ; when all is dissolved, strain through a jelly-bag and set away to harden. Cider or other fruit juice may be substituted for the oranges and lemons.

SAGO JELLY. Two pounds picked red currants, one pint cold water, one-half pound white sugar, a cupful of sago. Put the currants into the water and boil till soft, pass them through a sieve ; put the juice to boil again with the sugar ; when quite boiling, add the sago, previously soaked in cold water ; boil twenty minutes until quite transparent, put into a mold, and when cold, turn out. Serve with or without custard around it.

CURRENT SPONGE. Cover one-half box of gelatin with cold water, and let it soak one-half hour ; pour over a pint of boiling water, add one-half pint of sugar, and stir over the fire for five minutes. Pour in one-half pint of red currant juice, strain into a tin pan, set on ice until the mixture begins to thicken, beat to a froth, add the well-beaten whites of four eggs, mix, and pour into a mold to harden. Serve with whipped cream.



FOR making catsup and pickles always use enameled kettles in preference to those of brass or copper, as the verdigris produced by the vinegar on these metals is extremely poisonous. For some pickles use cold vinegar, as in boiling most of the strength is lost by evaporation. For French beans, broccoli, cauliflower, and gherkins, it is better to heat the vinegar, for which the following process is recommended: put the vinegar and spice in a jar, cover it tightly, let it simmer on the back of the stove. Shake occasionally. Pickles should never be put into glazed jars, as salt and vinegar penetrate the glaze and produce a poison. Glass or stone jars are preferable to any other; a small piece of alum in each jar, will make the pickles firm and crisp. One tablespoonful of sugar to each quart of vinegar, will be found a very great improvement to all pickles. Always use the very best cider vinegar.

**PICKLED
ONIONS.**

In the month of September, choose the small, white, round onions, take off the brown skin, have ready a very nice tin stew-pan of boiling water, throw in as many onions as will cover the top; as soon as they look clear on the outside, take them up as quickly as possible with a slice, and lay them on a clean cloth, cover them close with another, and scald some more, and so on. Let them lie to be cold, then put them in a jar, or glass, or wide-mouthed bottles, and pour over them the best vinegar, just hot

but not boiling. To each gallon of vinegar add one ounce allspice, and one ounce black pepper. When cold, cover them. Should the outer skin shrivel, peel it off. This must look quite clear.

PICKLED WALNUTS. Fifty walnuts (seasonable for pickling early in July). To each pint of vinegar allow one ounce black pepper, one-half ounce allspice, and one-half ounce bruised ginger. Prick the walnuts with a fork, and put them in a brine (composed of one pound salt to each quart of water). Let them remain in this nine days, changing the brine three times. Put them in the sun until they turn black; put them into jars, allowing sufficient room to cover them with vinegar; boil (or scald) vinegar and spices in the above proportions. Cover closely and keep dry. They can be used in six weeks.

JUMBO PICKLE. Chop fine a head of cabbage, sprinkle with salt; let it remain thus for twelve hours; then mix one onion finely minced with the cabbage; drain through a colander; add a good quantity of pepper and celery seed. Put it in a jar and cover with vinegar. Ready for use in three days.

RED CABBAGE. Slice into a colander, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and pour hot vinegar enough to cover, and put in a few slices of red beetroot. Observe to choose the purple red cabbage. Those who like the flavor of spice will boil it with the vinegar. Cauliflower cut in branches, and thrown in after being salted, will look a beautiful red.

GREEN TOMATO PICKLES. One peck green tomatoes; one dozen large white onions, sliced crosswise to fall into rings; one ounce whole pepper, one ounce white mustard seed, one ounce cloves, one ounce allspice. Put a layer of tomatoes and onions, then a good handful of salt, etc., till all are in a stone jar; then put a plate on top and weight down overnight; in morning

squeeze out with hand, and put to boil in kettle, putting in layers with spice; add one gallon best malt vinegar, and boil twenty minutes. Put in stone jar to keep.

FRENCH MUSTARD. Use enough green tarragon leaves to half fill a wide mouth glass jar, pressing down hard. Then fill up the jar with the best cider vinegar, and cork up tight. Let it infuse a week or two. Remove all the tarragon by pouring off the vinegar into another vessel. Then put fresh leaves of the plant into the jar, and pour back the same vinegar, and either cork or cover up tight again; let the last tarragon remain in the jar; in about two weeks the vinegar will be sufficiently flavored with the tarragon to use it for French mustard or other purpose. Mince as fine as possible not more than one clove of garlic; mix it into four ounces of the best mustard powder in a deep pan. Take a gill of the tarragon vinegar (strained from the leaves) and mix it with equal quantity of salad oil; moisten the mustard powder gradually, using a wooden spoon, till you get it a little thicker than the usual consistency of made mustard. Put it into small, clean white jars and cork closely. If you find the above makes too thin, you need not use the whole of the liquid; if too thick, dilute with more oil and vinegar. Tarragon vinegar is good with boiled cabbage or greens. The leaves of the second infusion should be kept in the jar, pouring off from them as wanted.

DAMSON AND CHERRY PICKLES. To five pounds fruit put three pounds sugar, one quart vinegar, four tablespoonfuls, or two ounces cinnamon, one tablespoonful cloves, as much mace. Put the fruit in a jar. Boil the vinegar, sugar, and spices, and pour them boiling hot on the fruit. Tie the spices loosely in muslin before boiling.

RIPE PEACH PICKLES. Pare the peaches and drop in vinegar that has been boiled, with one teacupful sugar to one quart vinegar, and twelve cloves, a teaspoonful of whole allspice and three large sticks of cinnamon. Always tie spice in cheese-cloth or muslin, loosely, before boiling.

PICALILLI. Small cucumbers, button onions, small bunches of cauliflower, carrots, ginger, grapes, strips of horseradish, radishes, bean pods, cayenne pods, four quarts best vinegar, four tablespoonfuls salt, mustard and flour, two tablespoonfuls ground ginger, pepper, allspice, and turmeric. The brine for this pickle is made by putting a pint of rock salt into a pail of boiling water. Put the vegetables for pickling into the brine and cover tightly, to prevent the steam escaping. Allow them to stand a night and a day. Change the brine a second time and allow them to remain the same length of time. The second brine may be used a second time if skimmed and scalded. Choose pickles from the brine of an equal size and of various colors. Great taste may be displayed in the arrangement of the pickles when putting them in bottles. To four quarts of best vinegar add the spices. Simmer these together (the mustard and turmeric must be blended together with a little vinegar before they are added to the liquor); when the liquor is on the point of boiling, pour into a vessel; cover tightly. When sufficiently cold pour into the bottles containing the pickle, and make air-tight. It will be ready for use in five or six months.

BEETS. Vinegar, beets, two ounces whole pepper, two ounces allspice to every gallon of vinegar. Carefully remove all dirt from the beets. Let them simmer in boiling water for one and one-half hours, then take them out and leave to cool. Boil the remaining ingredients for ten or fifteen minutes, and leave to cool. When cold, pour it over the beets (which you have previously pared and cut into thin slices). Make air-tight and they will be ready for eating in a week or ten days.

CHOW CHOW. Use two quarts small green tomatoes, twelve small cucumbers, three red peppers, one cauliflower, two bunches celery, one pint small onions, two quarts string beans, one-fourth pound mustard seed, two ounces turmeric, one-half ounce allspice, one-half ounce pepper, one-half ounce cloves, salt, one gallon vinegar. Cut the vegetables in small pieces, cover with salt, let stand twenty-four hours, and drain. Heat vinegar and spices to boiling-point, add vegetables, and cook until soft.

SPANISH PICKLES. Use one peck green tomatoes, four onions thinly sliced, one cup salt, one-half ounce cloves, one-half ounce allspice berries, one-half ounce peppercorns, one-half cup mustard seed, one pound brown sugar, four green peppers finely chopped, cider vinegar. Sprinkle alternate layers of tomatoes and onions with salt, and let stand overnight. In the morning drain, and put in a preserving kettle, adding remaining ingredients, using enough vinegar to cover all. Heat gradually to boiling-point and boil about thirty minutes.

LEMON CATSUP. One dozen lemons, one-half breakfast cupful white mustard seed, one egg-cupful turmeric and white pepper, one-half egg-cupful cloves and mace, one-half a small teacupful white sugar, one salt-spoonful cayenne, one-half a small teacupful horseradish, one-half a small teacupful salt, four shallots. Finely grate the rind of lemons, pound the spices in a mortar, grate the horseradish. Thoroughly blend these ingredients, then sprinkle the salt over all, extract the juice from the lemons, and add to the mixture. Allow to stand in a cool place for three or four hours. Boil in an enameled kettle thirty minutes, pour into a stone jar, cover tightly. Stir every day for fourteen days, then strain, bottle, and seal.

TOMATO CATSUP (1) To one peck tomatoes allow one tablespoonful salt, mace, black pepper, cloves powdered, and one of celery seed; a teaspoonful cayenne, one-half pound tin of mustard. Make a small incision in each tomato, put into an enameled saucepan, and boil until perfectly soft, and the pulp dissolved; work through a colander, then through a hair sieve. Place upon the stove, adding the remaining ingredients (the celery seed must be confined in a muslin bag), and boil six hours. Stir occasionally for the first five hours, and all the last hour. Pour into a stone jar; allow to stand from twelve to fourteen hours in a cold place. When perfectly cool, add a pint of strong vinegar, remove the celery seed, bottle, cork, and seal. Keep in a dry, dark place.

TOMATO**CATSUP (2).**

Ripe tomatoes; to every pound of juice add a pint of vinegar, a dessert-spoonful sliced garlic, a small tea-spoonful of salt and white pepper. Place a number of ripe tomatoes in a jar; cover and bake till tender. Strain and work through a sieve, and add the above ingredients. Pour into a stew-pan and boil until the ingredients are perfectly soft. Work through the sieve a second time, and to every pound squeeze the juice of three lemons. Boil again until of the thickness of cream. Set aside to get cold. Bottle, cork, and seal, and keep in a dry, dark place.

WALNUT**CATSUP.**

Wash the shells of walnuts, bruise them slightly, put them with salt in a stone jar for two or three weeks, until they ferment, then boil them up, strain off the liquor, add to every two quarts one ounce each of allspice, ginger, black pepper, cloves, and mace; boil the whole one hour; let it cool, bottle it, and tie a bladder over the corks.

TO DRY**HERBS.**

Gather the herbs for drying before they begin to flower. Free from dirt and dust, and tie in bunches, having previously removed the roots. Dry in the oven or before the fire; in either case, dry quickly, as the flavor is better preserved by quick drying. Upon no consideration allow them to burn. Tie up in paper bags and hang in a dry place. N. B.—Take care to gather the herbs on a dry day.

GARLIC**VINEGAR.**

Steep an ounce of garlic in two quarts of the best white vinegar; add a nutmeg, scraped. This vinegar is much esteemed by the French.

**FRENCH
MUSTARD.**

One quart of brown mustard seed, one handful each of parsley, chervil, tarragon, and burnet, one teaspoonful of celery seed, cloves, mace, garlic, salt to taste, enough vinegar to cover. Put the whole into a basin with enough vinegar to cover the mixture. Let it steep twenty-four hours, then

pound it in a marble mortar. When thoroughly pounded, pass it through a fine sieve; add enough vinegar to make the mustard of the desired consistency, and put into jars for use.

MINT A wide-mouthed bottle or bottles. Fill them (loosely)
VINEGAR. with nice, fresh mint leaves, then add good vinegar to fill the bottle or bottles; cork well. Allow to stand for two or three weeks, and at the expiration of this time strain into fresh bottles and cork securely. Useful when mint is not in season.

HERB Take two ounces each of winter savory, sweet marjo-
POWDER. ram, lemon, thyme, lemon peel, and four ounces of parsley. Thoroughly dry the herbs and take off the leaves. Grind to a powder and pass through a sieve. Dry the lemon peel and pound as fine as possible, then mix all together thoroughly. Keep in glass bottles, tightly corked.

TO KEEP Take fresh bunches of parsley; plunge into boiling
PARSLEY FOR water, slightly salted, boiling for three or four minutes.
WINTER USE. Remove from the water, and drain dry very quickly before the fire, and put in bottles for use. Soak in tepid water five minutes when required for cooking.

MUSHROOM One and one-half pints mushroom catsup, one-half pint
CATSUP. walnut pickle, two tablespoonfuls Chile vinegar, two shallots. Take one and one-half pints of freshly made mushroom catsup, peel the shallots and add them to the catsup, and allow it to simmer for ten minutes, then add the pickle and vinegar and boil again for ten minutes. Stand in a cool place, and when perfectly cold, bottle, and, having placed a small piece of shallot in each bottle, cork, and set by for use.



“To the dominion of the tea-table I submit, . . . but restrain yourself to native and simple tea-table drinks, as tea, chocolate, and coffee.”

WATER is the beverage provided for man by Nature, and it is essential to life. It is the principal constituent of all beverages, and its uses are manifold. Among them may be mentioned the following : —

To quench thirst.

To nourish.

To assist in carrying off waste.

To supply the circulatory system.

For medicinal purposes.

The common beverages, as tea, coffee, and chocolate, are of first importance.

COFFEE. Coffee is the seed of an evergreen shrub, a native of Abyssinia, and of Arabia. This shrub is from fifteen to twenty feet in height. The fruit is of an oval shape, about the size of a cherry, and of a dark-red color when ripe. Each of these contains two cells, and each cell a single seed, which is the coffee as we see it, before it undergoes the process of roasting. When the fruit has attained its maturity, cloths are placed under the trees, and upon these the laborers shake it down. They afterward spread the berries on

mats, and expose them to the sun to dry. The husk is then broken off by large and heavy rollers of wood or iron. When the coffee has been thus cleared of its husk, it is again dried in the sun, and, lastly, winnowed with a large fan, for the purpose of cleaning it from the pieces of husks with which it is intermingled. The best coffee is imported from Mocha, on the Red Sea. Next in quality to the Mocha coffee may perhaps be ranked that of Southern India and that of Ceylon, which is strong and well-flavored. Java and Central America also produce large quantities of excellent coffee. Brazilian coffee, though produced more abundantly than any other, stands at the bottom of the list as regards quality. Liberian coffee may also be mentioned as in the same class.

Coffee, as an article of diet, is of but comparatively recent introduction. To the Greeks and Romans it was wholly unknown. From Arabia it passed to Egypt and Turkey, whence it was introduced into England. In Great Britain much less is drunk than on the continent of Europe, or in the United States and Canada. The excellence of coffee depends in a great measure on the skill and attention exercised in roasting it. If it be too little roasted, it is devoid of flavor, and if too much, it becomes acrid, and has a disagreeable, burned taste.

Coffee is used in the form either of an infusion or decoction, of which the former is decidedly preferable, both as regards flavor and strength. Coffee acts as a nervous stimulant, a property which it owes mainly to the alkaloid caffein.

Coffee is adulterated in many ways by using chicory, peas, and beans which are colored and roasted. The imitation is often so perfect that it can not be detected on sight. Chicory may be detected by placing the supposed coffee in cold water. If chicory is present, it will sink, and the water will be discolored quickly. Pure coffee will float.

Coffee for family use should be bought in small quantities. It is better to grind it at home as needed, thereby insuring the retention of all the flavor. It should be kept in an air-tight jar.

The green or raw coffee may be bought and roasted at home. Place one pound of coffee in a small frying-pan, and shake and stir for about fifteen minutes. Put a cover over the pan and increase the heat, and shake until the kernels are a dark-brown color and have an oily

appearance. When it has cooled somewhat, add an egg, shell and all. Stir until there is a coating of egg on all the kernels. The egg thus used will serve the double purpose of clearing the coffee and preserving the flavor.

TO MAKE To make good coffee is the simplest and yet one of the
COFFEE. most important things that pertain to cooking; but comparatively few know how to do it. For a family of five or six, take one-half cup good ground coffee and mix with it the white of one egg and a little water; put it in the coffee-pot, and add to that about a pint of cold water. When it comes to a boil, set it on the back of the stove and add boiling water sufficient for use. This, with cream and sugar, makes most delicious coffee.

Remember in making coffee —

That the same flavor will not suit every taste, but that every one may be suited to a nicety by properly blending two or more kinds.

That equal parts of Mocha, Java, and Rio will be relished by a good many people.

That a mild coffee can be made dangerously strong and still retain the mildness of flavor.

That the enjoyment of a beverage and slavish devotion thereto are quite different things.

That the flavor is improved if the liquid is turned from the dregs as soon as the proper strength has been obtained.

That where the percolation method is used the coffee should be ground very fine or the strength will not be extracted.

That if the ground coffee is put into the water and boiled, it should be rather coarse; otherwise it will invariably be muddy.

That a good coffee will always command a fair price, but that all high-priced coffees are not necessarily of high quality.

That, in serving, the cups and cream should be warm; the cream should be put in the cup before the coffee is poured in, but it is immaterial when the sugar is added.

That a level teaspoonful of the ground coffee to each cup is the standing allowance, from which deviation can be made in either direction, according to the strength desired.

TEA. Tea is a genus of plants, comprising the species which yields most of the tea of commerce. By different modes of culture this species has diverged into two distinct varieties, entitled *Thea viridis* and *Thea bohea*. The former is a large, hardy evergreen plant with spreading branches and thin leaves from three to five inches long, and the latter is a smaller plant, and differs from the other in several particulars. From both, according to the process of manufacture, black and green teas are procured. The tea plant is not only cultivated over a great part of China, but also in Japan, Tonquin, Cochin-China, Assam, and other parts of India, and Ceylon. It has also been experimentally introduced into Carolina, Brazil, and Australia.

In seven years the plant attains the height of six feet, and the leaves are plucked off carefully one by one four times a year. In their green condition they are placed in a hot pan over a small furnace, and then rubbed lightly between the palms of the hands, or on a table. This process is repeated until the leaves become small, crisp, and curled. The black teas thus prepared include bohea, congou, souchong, and pekoe; the green teas, twankay, hyson-skin, young hyson, hyson, imperial, and gunpowder. Green tea gets less of the fire than black tea. There is considerable adulteration in the teas sent from China, and they are often artificially colored with a mixture of Prussian blue, or of gypsum and indigo carefully mixed.

From historical sources we learn that tea was used in China as a beverage in the sixth century, and two centuries after, its use had become common. China, until recent years, held almost a monopoly in the production of tea, but now India and Ceylon have entered the market as important competitors, and considerably more than half the tea is the produce of these countries.

Tea is rich in proteids, but acts as a stimulant rather than a nutrient, because of the small amount of the actual tea used. Its stimulating properties are due to the theine which it contains. Another property is tannin, which taken excessively injures the coating of the stomach. The milk and sugar which are used with tea add the nutriment.

The chief value is the warmth which it conveys to the body. It excites the brain and effects the whole nervous system.

TO The making of tea depends upon the brand. Always
MAKE TEA. scald the pot just as you make the tea. A general rule is: "One teaspoonful for each person and one for the pot." Pour on a little boiling water to wet the tea. A minute or two later add a cup or two of boiling water. Allow to stand and add what boiling water is necessary for the amount of tea desired. This develops the strength of the tea and keeps it hot. Always use freshly boiled water for making tea. Tea should be infused and not boiled. Ceylon tea must not wait more than five minutes, as after that it takes on an unpleasant taste. Make a little, and often.

Tea should not be made in a metal pot, as the tannic acid acts upon the metal; and produces a poisonous compound.

Russian tea is made by placing a slice of lemon in the bottom of each cup, and pouring over it the hot tea.

COCOA AND Cocoa is the ground kernels of the cacao, or chocolate
CHOCOLATE. tree prepared to be made into a beverage. Cocoa is chocolate from which the oil has been extracted. One half of the cocoa-bean is cocoa-butter. Cocoa-butter is used by confectioners in making candy. In making cocoa the chocolate is taken from the machine which grinds it, placed in little canvas bags, and put into a hydraulic press, where a pressure of seventy tons drives the oil out of the chocolate, and leaves the cocoa in dry, oilless lumps which are broken with a mallet, and are ground up for further operations. If the cocoa is wanted for drinking purposes, it is ground into a flour-like substance and packed in tin boxes. If for eating, or for confectioners, it is mixed with flavoring compounds in a mixing-mill, after the sugar has been thoroughly incorporated with the cocoa by passing the whole mixture through rolls. Several varieties of cocoa are mixed and blended during the process, and it is the success of this blending upon which the quality of the cocoa depends.

Chocolate is a paste composed of the kernels of the cacao-tree, ground, and combined with sugar and vanilla, cinnamon, or other flavoring substance. It was used in Mexico long before the arrival of

the Spaniards. The cocoa-bean, from which chocolate is made, is the seed of a mushy pod which is the fruit of the cacao, or cocoa tree. This tree is found in Central America, Mexico, South America, the West and East Indies, Brazil, and Caracas. The cocoa-bean is about the size of a pecan nut. The kernel of the bean is called the nib, and from the nibs, chocolate and cocoa are made. The beans are roasted in a cylindrical machine, which turns slowly over a coal fire. The roasting is for the purpose of making the shells brittle so they will come off easily. After the roasting process the beans are allowed to cool and are then carried to a machine known as a "cracker and fanner." This machine cracks and removes the shell, and then fans the shell out of the way, leaving the nibs. The nibs are then put into a grinding machine. The bean is about half oil, and this is apparent when the nibs are fed into the grinding machine. The first revolution sends out thick chocolate paste. As it comes from the stones the chocolate looks just as it does when it is mixed for chocolate cake. The ground chocolate is then placed in kettles for the purpose of completing the stirring up. Afterward it is placed in little tins and carried to the cooling-room to solidify into cakes, which are then wrapped for shipment.

Cocoa and chocolate afford both nutriment and stimulant. Theobromine is the active principle.

TO MAKE COCOA. Two tablespoonfuls cocoa, one breakfast cupful boiling milk and water. Put sufficient cold milk in to form the cocoa into a smooth paste. Now add equal proportions of boiling milk and boiling water, mixing well. Great care must be taken that the milk does not burn, or it will impart a disagreeable flavor.

TO MAKE CHOCOLATE. Allow two sticks of chocolate to one pint of new milk. After the chocolate is scraped, either let it soak an hour or so, with a tablespoonful of milk to soften it, or boil it a few moments in two or three tablespoonfuls water; then in either case, mash into a smooth paste. When the milk, sweetened to taste,

is boiling, stir in the chocolate paste, adding a little of the boiling milk to it first to dilute it evenly. Let it boil half a minute, stir it well, and serve immediately.

GINGER BEER (1). One and one-fourth pounds loaf sugar, one lemon, two ounces best white ginger, one gallon boiling water, one tablespoonful German yeast, and one-half ounce cream of tartar. Peel the lemon; cut the inside in pieces. Crush the ginger, add the sugar and cream of tartar; pour over all the boiling water; stir well until the sugar is melted. Let it stand twenty-four hours to be quite cold, then stir in the yeast, which ought to be previously dissolved. Stir, and strain through a coarse cloth; then bottle, taking care the corks are secured. Keep in a cool place in hot weather.

OATMEAL DRINK. "The proportions are one-fourth pound oatmeal to two or three quarts water, according to the heat of the day and the work and thirst; it should be well boiled, and then one or one and one-half ounces brown sugar added. If you find it thicker than you like, add three quarts water. Before drinking it, shake up the oatmeal well through the liquid. In summer, drink this cold; in winter, hot. You will find it not only quenches thirst, but will give you more strength and endurance than any other drink. If you can not boil it, you can take a little oatmeal mixed with cold water and sugar, but this is not so good; always boil it if you can. If at any time you have to make a very long day, as in harvest, and can not stop for meals, increase the oatmeal to one-half pound, or even three-fourths pound, and the water to three quarts, if you are likely to be very thirsty. If you can not get oatmeal, wheat flour will do, but not quite so well."—*Dr. Parkes*. Those who try this recipe will find that they can get through more work than when using beer, and that they will be stronger and healthier at the end of the harvest. Cold tea and skim-milk are also found to be better than beer, but not equal to the oatmeal drink.

**LEMON-
ADE (1).** Six large lemons and one pound loaf sugar. Rub the sugar over the rinds to get out the flavor, then squeeze out all the juice on the sugar ; cut what remains of the lemons into slices, and pour on them a quart of boiling water ; when this has cooled, strain it on to the juice and sugar, and add as much more water (cold) as will make it palatable.

**LEMON-
ADE (2).** One ounce tartaric acid, one pound loaf sugar, one pint boiling water, and twenty or thirty drops essence of lemon. To be kept in a bottle and mixed with cold water, as desired.

**LEMON
SYRUP.** Boil until clear one pint lemon-juice, strained, and three pounds loaf sugar, stirring constantly, and add one-fourth pint water to prevent its being too thick. The juice of a dozen lemons will give about a pint.

**TO KEEP
LEMON-JUICE.** Buy the fruit when cheap, when not quite ripe ; cut off the peels, and roll the fruit in your hand, so as to make them part with the juice readily. Squeeze the juice into a china basin, strain through a muslin which will not allow the least pulp to pass. Have ready one-fourth- and one-half-ounce vials (quite dry), fill with the juice so as to allow one-half teaspoonful sweet oil in each. Cork tightly, and set them upright in a cool place. When wanted for use, wind some clean cotton round a skewer, and, dipping it in, the oil will be attracted. The juice will be quite clear ; the rinds can be dried for grating.

**PEPPERMINT
CORDIAL.** One pound loaf sugar, one pint boiling water. Simmer ten minutes, then stir in one tablespoonful honey ; when nearly cold, add thirty drops essence of peppermint. Bottle for use. Four tablespoonfuls to a tumbler of cold or hot water makes a delicious drink. Essence of ginger can be used in the same way.

RASPBERRY SYRUP. Fill a one-half-gallon fruit-jar with ripe red raspberries, pour over them good cider vinegar; cover

tightly, and set away in a cool, dark place for a week.

Put on the fire and let come to a scalding point, strain through a jelly-bag; to the juice, add pint for pint of sugar. Boil gently about twenty minutes, skinning constantly. Bottle, seal, and keep in a cool place. Add a wineglassful to a glass of iced water. It is excellent.

GINGER POP. Allow four quarts warm water, one ounce white ginger root, two lemons, one pound white sugar, one-half tablespoonful cream of tartar, and one-half cup soft yeast. Cut the ginger root fine and boil in a little of the water; grate in the yellow rind only of the lemons, and put in the pulp and juice; when nearly cold, add the yeast. Put all in a stone jar in a warm place twenty-four hours, then bottle for use.

CURRENT VINEGAR. Two quarts black currants, one pint best vinegar, one and one-half pounds white sugar. Well bruise the currants and place in a basin with the vinegar; let it stand three or four days, and then strain into an earthen jar; add the sugar, set the jar in a saucepan of cold water, and boil for an hour. When cold, bottle; it is the better for keeping.

RASPBERRY VINEGAR. To four quarts red raspberries put enough vinegar to cover, one pound sugar to every pint of juice. Let the raspberries and vinegar stand for twenty-four hours; scald and strain; add sugar, boil twenty minutes, skim well, and when cold, bottle.

KUMISS. Put one gill buttermilk, into a quart of new, rich milk, and add four lumps white sugar; see that the sugar is dissolved. Put in a covered vessel, in a warm place, for ten hours; it will then be thick. Pour from one pitcher to another, so that it may become uniformly thick, then bottle and set away in a warm place. It

will be good in twenty-four hours in summer and thirty-six in winter. The bottles must not only be tightly corked, but the corks tied down. Shake the bottles well before opening. This is an excellent drink for people with weak digestion, and is also good for children.

TEMPERANCE CUP. Pare the yellow rind very thin from twelve lemons. Squeeze the juice over it in an earthen bowl, and let it stand overnight, if possible. Pare and slice thin a very ripe pineapple, and let it lie overnight in one-half pound powdered sugar. If all these ingredients can not be prepared the day before they are used, they must be done very early in the morning, because the juices of the fruit need to be incorporated with the sugar at least twelve hours before the beverage is used. After all the ingredients have been properly prepared, as above, strain off the juice, carefully pressing all of it out of the fruit; mix it with two pounds powdered sugar, and three quarts ice-water, and stir it until the sugar is dissolved. Then strain it again through a muslin or bolting-cloth sieve, and put it on the ice or in a very cold place until it is wanted for use.

ORANGEADE. Squeeze out the juice of an orange, pour boiling water on a little of the peel, and cover it close. Boil water and sugar to a thin syrup, and skim it. When all are cold, mix the juice, the infusion, and the syrup, with as much more water as will make a rich drink. Strain through a jelly-bag, and ice.

CHAMPAGNE CIDER. Take twenty gallons of good cider; six pounds of honey or sugar. Mix and let rest for two weeks, then refine with one quart of skim-milk. It opens very sparkling.

GINGER LEMONADE. Boil twelve and one-half pounds of lump sugar, for twenty minutes, in ten gallons of water; clear it with the whites of six eggs. Bruise one-half pound of common ginger, boil with the liquor, and then pour it upon ten lemons pared. When quite cold, put it in a cask, with two tablespoonfuls of

yeast, the lemons sliced, and add one-half ounce of isinglass. Bung up the cask the next day. It will be ready to bottle in three weeks, and to drink in another three weeks.

SARSAPA- RILLA MEAD. Three pounds of sugar, three ounces of tartaric acid, one ounce of cream of tartar, one of flour, one of essence of sarsaparilla, and three quarts of water. Strain and bottle it, then let it stand ten days before using it.

SUBSTITUTE FOR COFFEE. Scrape clean three or four good parsnips, cut them into thin slices, bake till well browned, grind or crush, and use in the same manner as coffee, from which it is scarcely distinguishable. This is not only a beverage equally good as coffee, but is likewise a cure for asthma.

GINGER BEER (2). Water, ten gallons; nice lump sugar, twelve and one-half pounds; bruised ginger root, one-half pound; the whites of six eggs; yeast, two tablespoonfuls; lemons sliced, ten; one-half ounces isinglass. Put the ginger in some of the water to obtain the strength; then strain into the balance of the water, in which the sugar has been dissolved. The isinglass must be dissolved by heat, having been soaked overnight. The sliced lemons, having been well squeezed, may be added, and the yeast put in, the isinglass also. When all is mixed, let stand three or four hours, then skim off the lemons, and squeeze out the juice, and strain all into a keg, or bottle, as preferred.

ROOT BEER. Sarsaparilla root, and dry sassafras bark, of each, one-fourth pound; wintergreen leaf and stem, three ounces; yeast, one-half pint; molasses, one and one-fourth gallons; water, sixteen gallons, or enough to fill a common strong beer barrel, if for draft; if not, bottle. Bruise the roots, bark, and leaves, and boil to get the strength in five gallons of the water; then strain into the keg, if not to be bottled, and add the molasses; and when cooled to 65°

or 60°, put in the yeast and let stand two hours, when the keg is to be filled with the balance of the water. If it is to be bottled, this can be done in a tub, or jar, covering over, to allow it to work for five or six hours, then bung or bottle as the case may be. It will be found a very valuable alternative for a spring or summer drink. Dandelion or any other root desired may be added or substituted to suit any special case in the line of alternatives.

IRISH Take one pound of white currants, bruise, put in the
CORDIAL. juice, the thin rind of a lemon, and one-fourth ounce
 of ginger, well pounded and sifted. Pour on these one
quart of good old whisky; mix the whole thoroughly, and let it stand
twenty-four hours in a well-scalded stone jug or pitcher, covered
closely from the air. Strain it off; stir in it, until dissolved, one
pound of loaf sugar; strain again, and bottle it.

APPROVED METHODS

FOR

HOME LAUNDERING

A SUGGESTIVE TREATISE ON A PRACTICAL SUBJECT.

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IN FOUR PARTS

THE LAUNDRY — Introductory.

PART I. Supplies for the Laundry — Water, Soap, Stains, Bluing, Starch,
The Chemistry of Washing.

PART II. Equipment for the Laundry — For Washing, Drying, Starching,
Ironing.

PART III. The Weekly Household Washing, with Directions and Suggestions
as to Time, Order, and Method.

PART IV. Directions for Laundering Articles Requiring Special Care.

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LAUNDRY work becomes more essential to the health, appearance, and comfort of the human race with each step in its advancement. Appreciating this fact, the great German scientist, Liebig, has said: "Of two countries, with an equal amount of population, we may declare with positive certainty that the wealthiest and most highly civilized is that which consumes the greatest weight of soap."

Since the use of soap is such an important matter, it should, by right, have careful consideration; and it is the purpose of this article to point out to housekeepers, as clearly as may be, the most approved methods for laundry work, in order to insure the best possible results with the least labor. The recommendations given are the result of years of experience in practical laundry demonstrating, and the work is gone over in detail, because it is only by a thorough knowledge of the subject that the washing can be expected to come from the laundry uniformly well done, and with the accomplishment of the threefold object of laundry work, namely,—

First, the removal of the dirt.

Second, the maintenance of the color.

Third, the preservation of the fabric.

**SUPPLIES
FOR THE
LAUNDRY.**

The supplies for good laundry work are few in number, but very important. First of all, plenty of clean, soft water is desirable.

WATER.

As it falls from the clouds in rain, water should be pure and soft. In the country it is practically so, but in the thickly settled districts, where the air is laden with dust, smoke, and gases of different kinds, the first water that falls has no value for laundry purposes. But after the air has been cleared and the roofs washed, it may be turned into a clean, tight reservoir, and there kept for months.

Water is the greatest solvent known. It not only absorbs air and gases, but as it passes through the soil and over the rocks, it dissolves the mineral matter with which it comes in contact. The water may then find its way to the surface again as a spring, it may feed a stream, or be led into a well. Of the minerals that are thus dissolved by water, the most common is lime. Pure water would dissolve only a small amount of lime, but usually water in its passage through the air and soil absorbs more or less of the common gas, carbon dioxide, and this gas has the power of combining with hard limestones, forming a soluble compound,—a double salt of lime,—which the water takes up and carries with it, and it is the presence of such a salt of lime which makes water hard. When the water is boiled or exposed to the air, as in a running stream, the gas, carbon dioxide, is released, and the insoluble lime is precipitated to the bottom, leaving the water soft again. Such water as can thus be made soft by boiling is called temporary hard water, and a familiar example of the precipitated lime is the “fur” in a teakettle.

Besides the carbonate of lime which makes this temporary hard water, another salt, the sulphate known as gypsum, may be taken up in the same way. This forms permanent hard water which can not be softened by boiling. It can, however, be softened by heating it with a free alkali which combines with the insoluble mineral matter, precipitating it and liberating carbon dioxide, which escapes into the air. Ammonia, borax, or sal soda may be used for this purpose, but the use of uncombined alkali is not advised, for it must be used with great caution, or it will result seriously for the clothes.

The most common way of softening both temporary and permanent hard water is by the addition of a good soap, and this is also the safest way. As long as there is any lime in the water, the soap will combine with it, forming a curd, or lime soap, which usually floats on top of the water, but this can easily be skimmed off, if desired.



A MODEL LAUNDRY.

The amount of soap necessary to soften hard water depends of course upon the degree of its hardness; that is, the number of grains of lime to the gallon of water; water containing more than ten grains of lime to the gallon is hard, and it should be remembered that hard water can not be used for laundry purposes until made soft by some means.

Soft water is in itself a great cleansing agent, for it holds impurities in suspension, and carries them off. In this manner, dirt, when it has been loosened from a fabric, is suspended in the water and removed, and it is here that we find the important function of soap, which is so to loosen the dirt from the fabric that the water can get around it, carrying it out of the goods, leaving it clean.

SOAP.

In very early times soap was unknown. Clothes were washed in running water, and beaten to loosen the dirt; and in some corners of the earth this method of washing is still followed. Since the oily dirt in the clothes is insoluble, the labor of removing it was often so great that the fabric was liable to be injured. It was later discovered that wood-ashes in the water would loosen the dirt, but if they were used too freely, not only the dirt but the fabric and even the hands were attacked.

Some time before the days of Pompeii, A. D. 100, soap was known; for recently in excavating that town, a boiler was found containing soap perfectly preserved.

Soap is a combination of an alkali with fatty acid in such a way as to destroy the corrosion of the alkali. The stronger alkalies, potash and soda-ash, or caustic soda, are most frequently used in soap-making. Potash produces a soft soap, while the soda-ash, which is used exclusively in the United States soap factories, produces a good hard soap.

Of the fats used in soap, tallow, grease, cottonseed-oil, cocoanut-oil, cottonseed foots, resin, and red oil are the principal ones. One or more of these are used at will, and when heated, they break up into their component parts, fatty acids and glycerine, as when they grow rancid or decompose. When boiled with caustic alkali, the fatty acids combine readily with the alkali in a proportion determined by nature, forming soap; and glycerine, which is a by-product of every soap fac-

tory, is released and falls to the bottom. Only just so much alkali will unite with a given quantity of tallow or oil, and if the soap-maker, through ignorance or carelessness, or with a desire to cheapen his product, uses too much alkali, there is some of it which does not combine, but remains free in the soap, a harmful and irritating substance that plays havoc with the skin or clothing on which the soap is used. Again, on the other hand, if there is too much of the tallow or oil in the soap, some of it is left to decompose, causing the soap to have a vile odor, which even perfume liberally used can not cover.

A neutral soap is one in which there is no excess of fat or alkali; that is, the one perfectly neutralizes the other. To obtain this result, the materials that enter into composition should be combined with scientific accuracy of proportion.

In cheap, dark-colored, strong-smelling, laundry soaps, grease with the addition of resin is used. Such soaps are suitable only for scrubbing and other rough uses, and it is a question whether they are satisfactory or economical even for such purposes, for they are impure, carelessly made, and hard on the hands.

Resin is used in all strictly laundry soaps. A small percentage of a high-grade resin does not injure the quality of the soap, but a low-grade resin, when used in large quantities, as in the soap of which we have just spoken, results in giving very poor washing qualities.

To aid in the selection of soaps, it is well to know that bright yellow, almost orange-colored laundry soap, at a comparatively low price, is probably made of cottonseed foots, which are the settlings taken from the tanks in which cottonseed-oil is purified. This is only a fair grade of soap.

The best grades of German soap are made of red oil, which is an oil pressed from the tallow used in candle making. By some, these German or red-oil soaps are preferred to those made of tallow but their desirability depends upon their quality.

If you buy the best quality of light-yellow soap, it is probably what is termed a tallow soap, made of selected tallow with a small quantity of resin. Fully two thirds of all the soap now sold is of this character, and if the laundress will choose some well-established brands, such as the Lenox or Amber, whose quality and uniformity are well maintained, they will be found altogether satisfactory for general laundry work.

For household use there is nothing so good as white floating soaps, but their quality varies greatly according to the materials used in their composition. For safety, it is best to choose the one long recognized as the standard of this class of soaps, namely, the Ivory, which is of exceptional purity, being made without resin, largely of vegetable oils, such as cocoanut-oil, imported for the purpose from Ceylon, cotton-seed-oil, from our own Southern States, and other excellent ingredients. These oils are as fine materials for soap-making as can be had, and the very best toilet-soaps are not made of better.

For delicate fabrics in the laundry, only the finest soaps should be used, those used for the toilet are none too good, though in many cases they are, of course, too expensive. The Ivory can be freely used in this fine washing, for it is both inexpensive and effective, and with its use all garments will be left uninjured, but clean, sweet, and free from all objectionable soap compounds. A convenient way to use soap where a considerable quantity is desired is in "solution" so called. To make soap solution take a small six ounce bar of Ivory soap, shave it, and put it to simmer, and boil with two quarts of water. When thoroughly dissolved, it may be used immediately while hot in liquid form, or it may be tightly sealed in jars to cool, making a cleansing paste of great usefulness.

With the use of such soap it is best to do away with all cleansing compounds claiming to accomplish the result of washing with no labor; for as a rule they are strong chemical preparations which eat the cloth as well as the dirt. In this class is bleaching-powder or chloride of lime, which is made by passing the gas chlorine into slaked lime; now chlorine is a very active agent in decomposing substances of any kind and the material itself will be decomposed as well as the coloring matter if it is used.

Washing-powders and fluids are also liable to injure the garments, and as a rule they can be dispensed with to advantage.

ALKALIS AND ACIDS.—These are chemical substances which neutralize each other; that is, one destroys the characteristic properties of the other when they are brought together in proper proportions.

The alkalis most familiar to us are borax, ammonia, potassium as potash, and sodium as sal soda. Ammonia is a volatile gas and is dissolved in water. When ammonia water is heated or exposed to air,

it volatilizes again; that is, the gas goes off in the air. Ammonia has some value in washing certain articles, but it should be used carefully according to directions.

All acids and alkalis if used at all in washing, should be used sparingly and with great caution, or the clothes will be injured. Their use is not advised.

There are, however, some simple rules for removing such dirt and stains as resist the ordinary washing processes, which have been collected as follows for the convenience of the housekeeper: —

BLOOD OR MEAT STAINS should be first washed out in cold water, and soap used later. Moist starch, repeatedly applied will also remove blood stains, if the cloth is thick.

BRASS STAINS are removed by rubbing with a little fat and then using soap.

FRESH FRUIT STAINS will usually yield to boiling water. Stretch the stained part over a large bowl, and pour absolutely boiling water from a height through the stain until it disappears.

GRASS STAINS are dissolved by alcohol.

INK STAINS will sometimes come out if put in milk, and left there until the milk sours. In the use of chemicals to take out ink or other stains no rule can be given, unless you know the composition of the stain; some yield to acids, some to alkalis, and some to neither.

IRON-RUST is the result of the damp clothes lying against iron or from the careless use of liquid bluing, as explained under bluing page. Salt and lemon-juice will sometimes remove iron-rust, but it frequently requires the use of a powerful acid, as oxalic acid, which impairs the strength of the material.

MEDICINE usually yields to alcohol. **IODINE** comes out more easily with chloroform.

MILDEW is a vegetable growth, and shows itself in warm weather when damp clothes are kept in a close, dark place. On the stain place a layer of moist chalk and strong soap, or chalk and salt. Lay the goods in the sun for a short time. This will remove the stain if it is not too old.

MILK STAINS should be washed out at once in cold water.

OIL or GREASE usually yields to soap and warm water or gasoline.

PAINT, VARNISH, PITCH, or TAR should be treated with pure turpentine, benzine, or naptha. If very old, they should first be softened with grease or oil.

TEA, COFFEE, and COCOA STAINS should be sprinkled with borax, soaked in cold water, and then rinsed thoroughly in boiling water.

WAX may be removed by covering the spot with brown or blotting paper and applying a warm iron, or by the use of alcohol.

WINE STAINS should have common salt rubbed on them at once, and then treated with boiling water as for fruit stains.

For such stains as resist all other treatment, acid may be used as a last resort. Have two large earthen bowls, in one put ammonia, in the other boiling water. Stretch the stain over the boiling water, and drop the very dilute acid upon the spot, and after a moment dip it into the clear water. Then repeat the operation until the stain disappears, and rinse carefully first in clear water then in ammonia water to preserve the fabric as much as possible.

BLUING.

Instead of bleaching-powder with its injurious results, a general whitening effect may be obtained by the use of bluing, but sunshine, moisture, and fresh air are the greatest bleachers, and could we command a clean grass plot, pure air, and sunshine, there would be no need of bluing; clothes become yellow from careless washing, stains, or impure water, and to cover up this telltale color, we use bluing, which is sold in solid or liquid form.



Of the many prepared blues on the market, the solid are generally preferred. They never dissolve, but the fine particles of blue are all through the water while it is in motion, and will settle when the water is undisturbed. These particles lodge in the cloth and are what give it the bluish white color.

The indigo is a vegetable product and was the first bluing known. It is but little used at present.

Ultramarine blue, a salt of aluminum, was originally the stone lapislazuli, but is now manufactured chemically and sold in little blue balls or powder. It is generally used in private laundries.

Aniline blue, either solid or liquid, is a product of coal-tar and is a strong dye. It is used almost exclusively by the public laundries, and since it will not set in an alkali medium, the clothes must be rinsed free from soap. Great care must be taken to get the quantity right, for it is not easy to wash out if too much is used.

Prussian blue was first manufactured at Berlin, hence its name. It is sold in liquid form and is easy to use, giving a bright blue to the clothes. As it is a salt of iron, with an alkali it changes to iron-rust. If the clothes are rinsed free of soap, it may be used with good results, but if careless work is done, you may find the clothes yellow or rusted in fine spots, and be unable to account for it. You can assure yourself that a liquid is Prussian blue if on heating a little of it with an alkali the mixture turns yellowish red and precipitates what is known as iron-rust.

STARCH. Starch is found in almost every plant in some period of its development, in the seeds, pith, stalks, bark, bulbs, or roots. It is abundant in some families and is stored away for the nourishment of the young plant. Starch, when separated from the plant, is a glistening white powder, and to the naked eye all starch looks alike, but under the microscope, it is seen to consist of grains that vary in size and shape, according to the plant from which they are taken; potato starch being large and oyster shaped, and rice being small and many sided.

The ordinary sources of starch are rice, corn, wheat, and potato, named in order of their stiffening powers. In Europe, rice and potato starches are chiefly used; in the United States, corn-starch is found almost exclusively in private laundries, but in public laundries wheat starch is usually preferred because it makes the material more elastic.

Raw starch is insoluble; but when properly cooked, it is more nearly soluble. It must be thoroughly boiled, as it then swells to some twenty or twenty-five times its volume, becoming a jelly-like mass, more or

less thick according to the amount of water used in it. The value of starch in the laundry is to fill up cloth, coat the threads, and stiffen the fabric.

EQUIPMENT The equipment for a home laundry comprises a large number and variety of articles, one hardly less important than another.

THE ROOM. For the best results in laundry work it is essential that the room should be light and airy. The first requirement is a stove, the second tubs, which should be placed under or near the windows. Stationary tubs with hot and cold water faucets attached make work comparatively easy. Porcelain-lined or crockery tubs are best, slate next. Portable tubs made of fiber, galvanized iron, or wood are serviceable. The fiber tub is light in weight, but great care must be taken both with it and the galvanized iron tubs, that they be left clean and dry when not in use. Of wooden tubs, those made of cedar and bound with brass are best, but all wooden tubs must be kept in a damp place or with water standing in them, otherwise they will warp and leak. With portable tubs one must have benches on which to set them, so that from the edge of the tub to the floor the distance will be thirty-six inches or less, according to the height of the person.

The rubbing board is often molded into the stationary tubs. One should never use a rubbing board after it is ragged. The boiler, if stationary, should be of copper; if portable, it should at least have a copper bottom, for copper does not rust, hence it is very durable, and though the first cost is high, it is economy in the long run to have good material.

Washing-machines, if simply made, are helpful in washing heavy cloth. A broomstick makes a good clothes stick. There are a number of good wringers in the market, any one of them should last for years if well cared for. Always wash and dry the wringer before putting it away, and be sure that the screws are loosened so that the rollers do not press upon each other. The rubber rollers may be cleaned with a little coal-oil on a cloth, but use it with caution for the oil eats

the rubber. A tin or fiber pail is needed in the laundry, as well as a dipper and a wicker clothes-basket. The clothes-line of rope must be taken down when the clothes are dry, and kept in a clean, dry place. It should never be allowed to touch the ground, and must always be wiped off with a damp cloth before using. The clothes-pins must be made of the best wood, and kept perfectly clean by an occasional washing.

A clothes-pin apron is a great convenience. Take a piece of bed ticking, or something equally strong, half a yard wide and three quarters of a yard long, turn up one quarter of a yard on the outside for a pocket. Bind the pocket and the sides of the apron with tape, tack the pocket in the middle, and put the apron on a belt.

STARCHING. For starching, a three-quart granite saucepan is necessary; also, a small dish-pan, several small pans, a tea-kettle, bowls, tin measuring cups, spoons, and knives. For thick starching, a cloth to cover the table is desirable.

For sprinkling, a clean table is necessary, a granite pan for water, and a whisk broom for sprinkling. The plain table, without casters, should not be more than thirty-two inches high. This is covered and used for ironing, and must be low enough to enable the ironer to use the weight of the body as an aid in all ironing of starched work; for skirts, a board about five feet long by one foot wide is used, and a narrow board, three feet long, is convenient for children's dresses; a third board, a little longer than the bosom of a shirt, is best for shirt ironing. These boards are first covered with a blanket doubled, or heavy felt made for that purpose, then with a clean, white cotton cloth. Do not use old, half-worn cloth for an ironing sheet, for it wears out too soon. Rather get new, unbleached, smooth-finished cotton, hem it, wash it occasionally, and take pride in keeping it clean and free from stain and scorch. For the table, tapes may be attached to the cover and tied under the table. For the boards, the blanket must be just double the size of the board and tacked or sewed on to it. If the tacking is done on the edge, both sides of the board may be used. The cotton cover for the boards must be the size of the blanket, stretched and tacked or sewed to the board.

IRONING.

Furnish the table drawer with an ironing stand, a bit of beeswax tied up in a cloth, wrapping paper twice the length of the iron, folded three or four times, and a holder made of several thicknesses of old, soft flannel or muslin. Put in also pieces of old muslin and flannel. With those aids an ironer can have no excuse for using a soiled iron or one hot enough to scorch. When not on the stove, a hot iron must rest on the stand, never on the ironing sheet. Put also in this drawer a small brush for use in washing flannels and a rather stiff brush for fringe. Never use a comb for fringe, for it breaks the threads.

New irons must be rubbed over with grease, and put on the stove to heat for a day or two before using. Then rub them off well, brush over with wax, and try on an old cloth.



If the irons become soiled and it is necessary to scour them, put a little fine salt on a paper, and rub the iron over it, remembering, however, that the smooth polished surface of the iron must be preserved. Irons should be kept in a clean, dry place to guard against rust, and if they are to be packed away, it is best to rub them with grease, and wrap each in a piece of newspaper. The flat-irons with detachable wooden handles are very convenient,

but common flat-irons of different weight will answer every purpose. Irons with nickel bottoms have found favor with many housekeepers. They may be used when new without long preparation, and they always have an appearance of cleanliness and neatness. It is desirable to have two irons of eight or ten pounds each for sheets and spreads, two irons of six pounds each for ordinary use, one iron of four pounds for sleeves, etc., and one iron of three pounds for infants' clothes, one flounce iron, narrow and pointed, and two Troy polishers. The ordinary irons can be bought for about four cents a pound, and the best polishers for about thirty-five cents each.

Mangles for drying clothes are largely used in our public laundries and in England, but they find very little place in private laundries in this country.

A clothes-horse is the final requisite for the laundry, that the clothes may be perfectly aired and dried.

Equipped with these articles, the laundress is fully prepared for the labor of washing, which we shall now consider.

WEEKLY HOUSEHOLD WASHING. TIME, ORDER, METHOD. The best arrangement of house work puts the washing on Tuesday and leaves Monday free for putting the house in order, arranging meals, and baking, if necessary, so that "washing day" need not be the hardest day in the week for every member of the household.

Especially is this true if the laundress will give forethought to the preparations for the washing, and always follow a systematic order in the work. An approved and comprehensive list of the ordinary processes of laundry work given in the order of performance is as follows : —

1. Preparation, which consists of assembling, sorting, mending, and taking out stains; 2. Soaking; 3. Washing; 4. Boiling; 5. Rinsing; 6. Bluing; 7. Starching; 8. Drying; 9. Dampening; 10. Ironing; 11. Airing; 12. Mending and Sorting.

For convenience, we shall consider each of these processes briefly, and then take up in detail the washing of special articles.

PREPARATION. There should be in the house one or two regular appointed places where articles intended for the laundry may be accumulated during the week. On Monday afternoon, gather the clothes from these places and sort them into piles of table linen, bed linen, body linen, handkerchiefs, flannels, colored goods, and coarse cloths. While sorting, examine the clothes carefully for rents and stains, for often a stitch before washing, even though it be just enough to draw the torn or frayed parts together, will save the proverbial nine after washing; and stains, which are often dyes, or become such on the application of hot water and soap or an alkali, will prove much easier to get out before they become set in the fiber of the cloth than after standing a long time or being subjected to soap and water. In many cases, however, the agents used by the inexperienced laun-

dress to remove stains are so powerful that the goods itself is injured; but if the methods of treatment given on page 333 be carefully observed most stains can be carefully removed.

SOAKING. After the clothes are prepared in this way for washing, it is best to put all the white clothes to soak in warm water. Soaking is especially valuable when dirt has become ground into the fiber of the cloth, but in all cases it is easier to remove dirt by soaking than by rubbing. If possible, use three tubs, one for table linen, one for body linen, and one for bed linen, but if only two are available, put bed and body linen together. Upon spots especially soiled rub soap, fold inside, and roll tightly, putting the rolls into a tub and covering them with water. Too hot water should not be used, for it sets the dirt. Increase the amount of soap used in proportion to the dirt on the clothes, for it serves the double purpose of softening the water and loosening the dirt.

This much of the work takes but a short time, and if done on Monday afternoon, much of the dread of washing day will vanish, for after several hours' soaking even the dirtiest of clothes may be quickly washed out; and with the house in order, the meals planned for the day, and the refreshment of a good night's sleep, one finds indeed that "work well begun is half done."

WASHING. While waiting for the water to heat for the white clothes, Tuesday morning, wash out the flannel or silk underwear and the colored clothes. None of these should be soaked, and since they do not need boiling, or even hot water, it is better for them to be washed and hung out at once, so that when the white clothes are ready to go on to the line, the underwear will be ready to be pressed and the colored clothes to be rolled up. A good laundress will never wash clothes in the same water in which they have been soaked. It is best to wring them out, put clean warm water in a tub, and to put the clothes in this, not many at a time, taking first the shirts, then bed linen, then body linen. Wash handkerchiefs by themselves, especially if the user has been suffering from a cold; in which case it is also well to

soak them for some time in a strong solution of Ivory soap, for this will act as a disinfectant, destroying all germs and microbes.

When water is dirty, take clean water so as to be sure to wash the dirt out of the clothes instead of into them. If garments are very much soiled, it may be necessary to wash them through two waters, but remember that it is essential to get them clean before putting them into the boiler.

Always take fresh water for table linen, and use it afterward for hand and kitchen towels, dish-cloths, and cloths of different kinds.

When clothes are much soiled, it is necessary to hasten the cleansing process by rubbing. For this one should have the tub and board of such convenient height that the arms can do the work, and the back will not have to bend too much. Straighten out the article, rub soap on it, and drop it to the foot of the board, holding firmly to the edge of the cloth with both hands, and hold the goods so that it, not the hands, gets the benefit of the rubbing. While rubbing up and down the board, gradually gather the cloth into the hands, then turn it, and rub the other side. Find the soiled parts, give them extra soap and rubbing if necessary, and leave the garment wrong side out. If the fabric is delicate, rub it gently between the hands, using the fleshy part of the thumb instead of the board. After thoroughly washing the clothes, they should be wrung quite dry, and put into a tub of warm suds, and from there into a clean basket or pail. Wringing by hand is not only hard work, but it strains the cloth. Machine wringers are inexpensive, and if carefully used, will last a long time; they should be fastened firmly in a convenient place, and carefully inspected before using, to see that they are clean and in order, and that the pressure is regulated according to the thickness of the goods to be wrung, then fold the garments with hooks and buttons inside, so that they will not be torn off, as well as to protect the rollers, and straighten out the goods so that the pressure will be evenly distributed, and the garment kept in shape, then turn the wringer *slowly*. If now, after washing, you find that there are soiled or yellow parts, which have not yielded to the rubbing, put more soap on them and drop them into the boiler, together with the rest of the white goods. Fill the boiler with soft warm water, and add enough soap to make a slight lather, then shake

out each garment and drop it into the water. All white clothes should be boiled, and the best results are obtained when an abundance of water is used, and the boiler is not more than half full of clothes. Bring the water to the boiling-point, and for fifteen or twenty minutes keep the clothes under water with a clean stick.

If the clothes grow yellow in boiling, the cause may be either the use of a soap of poor quality, or water containing iron, or that the dirt has not been thoroughly washed out of the fabric. These defects may be easily remedied, but boiling should not be omitted, for it is always desirable from the point of health, and is quite necessary in cleansing clothes which have been used in a sick-room; for disease is largely the result of living microscopic germs, and these germs are thus destroyed, for half an hour's boiling kills all life, and leaves the garments sweet and clean.

After all clothes are out of the boiler, lamp cloths, dust rags, and other soiled cloths may be put in and boiled clean without washing, so that one can always have plenty of clean cloths for all purposes.

RINSING. After a thorough boiling, remove the clothes with the stick to a clean pail or dish-pan, and drop them into a tub half full of warm rinsing water. If cold water is used, the soap and soap compounds will harden in the clothes, and leave them harsh and rough; but with plenty of warm water the clothes will soon be free from soap, and the second rinsing water may be cold. Abundance of water is as important in rinsing as in washing, for streaked or gray clothes are largely the result of carelessness in this matter.

BLUING. The garments are now ready to be blued. Prepare the bluing with hot water. If solid, the blue had best be tied in a cloth and worked out through it into the water, until when taken into the palm of the hand the water is sky blue in color. Use the bluing water as soon as made; for if allowed to stand, the color may settle to the bottom; and unless the water is stirred up, and blue adhering to the sides and bottom of the tub well mixed with it, streaked clothes will result. Select the yellowest article, or the one

you want bluest, shake it out, rinse in the blue water, and wring at once into a clean basket, or better, into a basket lined with a clean cloth. If the article is not blue enough, immerse it again in the water; if too blue, rinse in clear water. Take the clothes piece by piece, and do not let them stay in the water too long or fall to the bottom of the tub. If there are many clothes, it is often necessary to add more bluing to the water or to make a new water. When blued, put all clothes on the line excepting those that need to be *thin* starched. Be sure that articles which are to be thick starched are put out at this time, for they thus get the benefit of an out-of-door drying, airing, and bleaching. When dry, they are usually held over until the next day and then starched, and finished as directed.

STARCHING. For starching purposes the clothes can best be considered under two heads, first, those requiring thick starch, — shirts, collars, cuffs, shirt-waists, linen, duck or piqué suits, etc. Second, those requiring thin starch, — linen napkins, muslin underwear, etc.

These two kinds of starch had best be made as needed in a clean, granite kettle, in the following proportions: —

Three-fourths cup starch (six tablespoonfuls or one-fourth pound), one-third level teaspoonful lard, stir smooth with one-half cup cold water, then stirring rapidly, add three pints of boiling water, and continue stirring until it boils thoroughly; then mix in one pint of cold water to thin it and to reduce the heat, and add enough bluing to counteract the yellow color of the starch. It is wise to have a holder ready to lift it from the fire when heating, or it is likely to boil over. When done, turn the starch directly into a large dish for if carefully made, it should never be necessary to strain it.

Thick starch is made similarly, excepting that it must be allowed to boil up three times, to be sure it is thoroughly cooked, and that the wax is melted and well mixed in. The proportions are one measurement of starch to eight of boiling water, and the quantity needed is regulated entirely by the number of clothes to be starched. The following is a good rule: One-half cup starch, moisten with one-fourth cup cold water, add one-fourth level teaspoonful shaven white paraffin wax, four cups (one quart) boiling water. When cooked enough to

prevent sticking to the irons, add a little bluing, and set the dish in a pan of cold water, until it is cool enough to handle.

As a general rule for thin starching, put in first the articles requiring the most starch, leaving until the last dry, and thick or closely woven materials, and those requiring but little starch, since for such goods it is well to have it well diluted by use.

Most articles requiring starch may be entirely immersed in it, but when only certain portions of a garment are to be stiffened, such parts should be gathered together in the hand, and put in with care so as to keep the rest of the garment free from contact with the starch. Fringe especially should be held out of the starch, for it never should have a stiff or matted appearance. As soon as taken from the starch, the article should be wrung out by hand (since the wringer can not well be used), and hung out to dry with the rest of the clothes.

DRYING. One is unfortunate indeed if she can not dry clothes out-of-doors. Sunshine and fresh air both purify and bleach clothes, and will almost, if not entirely, dispense with bluing. To aid the bleaching process hang the clothes on the line, or put them on the grass without wringing the water out of them. When the clothes are ready to be hung out, put on a clothes-pin apron and sun-bonnet, or in winter, a cape and white woolen mittens. Wipe the line with a clean, damp cloth, and be sure the clothes-pins are clean. It is also well to have clothes wrong side out, and to hang those of a kind together, both for convenience and appearance. First shake the garments straight, then hang them as nearly as possible as they are to be worn, giving especial care to hang the sleeves in shape, and the gathers so that the water will run out of them. It is best to hang goods by the hems, rather than by the selvages, and to fold well over the line, and pin firmly. Hang pillow-cases and stockings by half of the hem, so that the air can get inside, and never hang things by the corners, because they stretch out of shape. Shake out the fringe of napkins and towels, and hang them straight. When clothes are dry, take them from the line, fold, and put them in the basket, rather than crush them in after they have dried stiff and straight; then cover the clothes to keep them clean until ready to sprinkle.

DAMPENING. Have ready a clean table or table covered with a clean cloth, and a basin of tepid water. Turn all but starched clothes right side out, and sprinkle them with drops from the tips of the fingers, or better still, from a whisk broom kept for the purpose. Make the material uniformly damp, and after turning in the edges and corners, fold, roll firmly, and pack closely in a basket; then cover them and let them stand three or four hours or overnight before ironing.

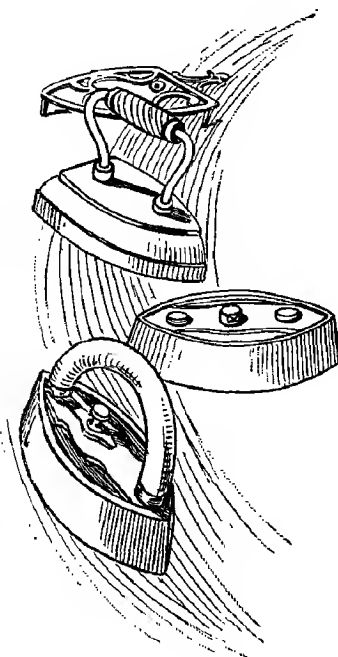
In hot weather, if the clothes can not all be ironed the next day, shake them out and dry them, for the damp clothes may mildew and the starched clothes sour.

We now come to a most important part of laundry work, because the entire effect of the other operations will be lost if the ironing is poorly done.

IRONING. Have ready before commencing ironing table or board tightly covered with a blanket and a clean ironing sheet, also beeswax in a cloth, an iron stand, clean irons, a bowl of clear water, and a clean, soft cloth. Besides these you need a piece of brown paper at least twice the length of the iron on which to wax and smooth the irons, and an old piece of cloth with which to try them, for a fine laundress will never use the ironing sheet for that purpose; it weakens the cloth to scorch it, besides being quite unnecessary and unsightly. It is well, also, to place a large piece of paper on the floor to protect the clean clothes that may reach the floor.

If gas is used for heating, moisture will collect on the cold irons for a few minutes after they are put on the fire. Wipe them off with a dry cloth until the moisture ceases to appear, or it may cause the irons to rust a little, and the rust will rub off on the clothes.

To test the heat of an iron, bring it within three or four inches of the cheek; if it is too hot to be held there for a few seconds, it is too



hot to use on the cloth. Experience will soon enable you to judge of the temperature correctly. Another test often used is to touch the surface of the iron with a wet finger; if it hisses it is hot, and the shorter the hiss the hotter the iron.

Shake or stretch the cloth into shape, and iron until it is perfectly dry, or it will not be smooth. Lace edging on garments must be stretched into shape before ironing, and again afterward to soften it. It is better usually to iron with the selvage and on the right side, and to iron first the parts that will wrinkle least, leaving the plain, straight parts until last. If clothes become too dry, or soiled, rub off or dampen with a damp cloth.

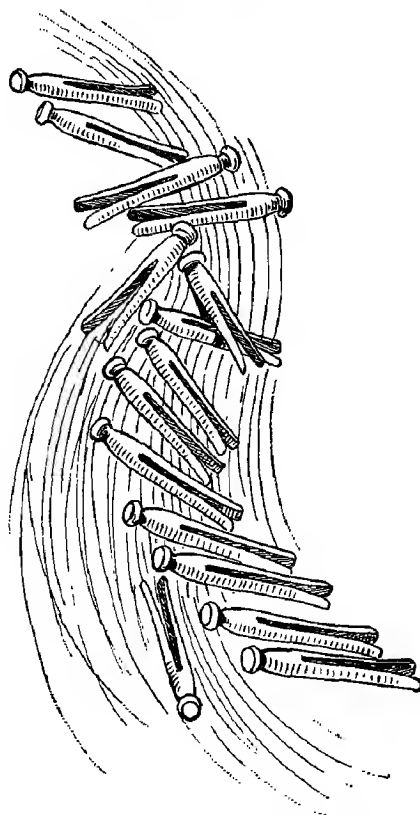
FOLDING. A good rule is to fold the clothes lengthwise into a long, narrow strip, and iron the folds in, then fold softly crosswise. But the method of folding depends largely on the shape of the article, and special directions for many articles will be found hereafter.

AIRING. After ironing and folding, garments should always be carefully aired before being put away, for this is necessary from a point of health. All moisture left in the clothes should thus have a chance to dry out or they may have a musty odor. To avoid all trouble on this account, it is best to hang all garments upon the clothes-bars as soon as they are ironed, and leave them there overnight; they will then surely be sweet and clean before being sorted, mended, and put away.

LAUNDERING ARTICLES REQUIRING SPECIAL CARE. A close application to the foregoing directions will be sure to give good results as far as general work is concerned, but there are many articles in the laundry that must be treated with exceptional care, and some that require especial processes to insure the best results. In the following pages will be found special and specific directions for many articles of this class.

LINENS. After washing linens, it is important to give them a smooth, glossy finish. This is easily done in the case of heavy new goods by ironing with a hot iron when quite damp until perfectly dry; but with linen which is old or of light quality, a little starch will greatly improve it, for the fabric will be less easily mussed and less deeply stained, and the starch will aid greatly in getting a polish. Care should be taken, however, not to use enough starch to give the fabric a stiff appearance, but just enough to make it hold its shape and appear like new linen. One cupful of freshly made starch in a pail half-full of bluing water is about the correct proportion. After starching, be particular to hang the material straight, and fold it when taken from the line, for this will lighten the labor of ironing. Napkins and doilies are rarely starched, but table cloths often need it. Fringes should be held in the hand, and never allowed to get into the starch. Always shake out fringe and hang it straight, then it will be easy to brush it out just before ironing, using a small but not very stiff brush kept for that purpose. After ironing, brush the fringe again lightly, and trim it off if it is uneven. If the linen is embroidered in white silk instead of linen, it must never be boiled, for boiling will make white silk yellow.

Table cloths whether starched or not, must be well shaken before ironing, to get the threads straight. It takes two persons to do this well, one at each end of the cloth. Let each person gather the cloth into her hands just below the hem, beginning from the outside, having the fingers on top of the cloth and holding selvages with the little fingers. Hold the hands high and close together, and at a given signal, swing the hands quickly down and sidewise, shaking and stretching the cloth into shape. Repeat this straightening process two or three times, then fold the table cloth right side out once lengthwise, and iron it first



on one side, then on the other, until perfectly dry. The most approved way to fold the table cloth is but once in the middle, and then, after airing, to roll it upon a stick, and keep it in a long drawer. This brings out the design of the damask most prominently. The usual way, however, is to fold the cloth lengthwise twice and iron the folds; but a very effective way is to open the table cloth after it has been folded and ironed once, and to bring both selvages in to the crease in the middle on the wrong side, iron the folds, lay sides together and fold lightly, crosswise, thus bringing three outside folds on the right side of the cloth.

For ironing, napkins should be stretched into shape and laid right side up on the table, with the hems in front of you. Iron both sides, then lay the hems together right side out, and make two lengthwise and two crosswise folds, and iron all folds. Be sure that all the corners are straight and true. Embroidered napkins should be ironed on the wrong side, first over several thicknesses of flannel, and the initial must appear on the outside when folded. If the napkin is small, it may be folded into thirds, like a fan, first one way then the other.

Carving cloths or doilies must have hems, corners, and fringes straight and true, and the cloth should be rolled rather than folded.

Towels, if of damask, are ironed on both sides, then folded twice lengthwise; but if of coarser weave, iron first on one side then the other as you fold it, and hang to air.

Handkerchiefs are made very damp, ironed smooth and straight with a hot iron, and folded as a napkin is folded.

Sheets and pillow-cases are sometimes made of linen, but more often of cotton. If trimmed, they will require starching. The whole or only the trimmed part of the pillow-case may be dipped into thin starch, and when dried, should be turned on the right side and stretched, taking care that the corners are carefully pulled into shape. Thoroughly dampen the goods, and iron first the trimming, then one full side, ironing the other side as you fold it, lengthwise.

Sheets should be starched, if at all, by dipping a quarter of a yard of the goods at the wide hem end into thin starch. Dampen thoroughly and shake the sheet as you did the table cloths. Fold once lengthwise right side out, then crosswise, bringing the hems together. For this work, an iron weighing eight or ten pounds is best, and it should be quite hot so as thoroughly to dry the goods.

Nightdresses have only the trimming at neck and sleeves starched. They should be sprinkled, and the starched parts and hem folded inside before rolling. Turn garment on the right side, and iron the trimming first, then lay the body of gown lengthwise on the board, or table, and iron front, then back, or put it on the board and iron the single thickness. Fasten the yoke at the throat, and fold the body to the width of the yoke, making a long, narrow strip, then fold crosswise to the depth of the yoke, leaving sleeve ends to show at the sides.

Drawers should have only the trimming starched. Iron the band or yoke first, then the trimming, and then the body of garment, and fold to show the trimming only.

Corset-covers need thin starch all over. Dampen, fold right side in, and roll. Iron trimming first, arrange each section of the garment on the board, laying the seam on the edge of the board nearest you, iron this smooth, and proceed in like manner with each section, having the threads of the material straight. Finally, fasten at the throat, and fold to show trimming. If this is carefully done, the garment will fit and look as well as when new.

Skirts require to be starched only at the bottom. Gather the hem and trimming in the hands, and put them into the starch; rub them a little so that the starch may be evenly distributed; wring out well by hand, for the wringer is not available here, and then shake and hang straight to dry. Dampen well, and when ready to iron, turn on to right side, and iron the band or yoke first, then ruffles, keeping the damp part in a bunch, that it may not dry out. Then put skirt on to the board, with hem to the right, and iron hem first, then between ruffles, and lastly the body of each section lying on the board, thoroughly drying each part, using a damp cloth freely for parts that are soiled or too dry to iron smooth. Next take the skirt from the board, and fold by laying the middle of the back and front together, then fold each half back upon itself, fan-like, making a long strip, which now fold loosely from band to trimming, and the garment is ready to hang to air.

Most laundresses find great trouble in giving a fine finish to articles which require thick starching. If directions given below be carefully followed, the result will well repay the labor.

For thick starching the articles must be dipped into water, and wrung quite dry. Place them on a table covered, if possible, with a

heavy, damp cloth, fastened securely by pins or strings. Then from the wrong side, rub starch thoroughly into the material with the hands, especially in seams and edges, until every part of the garment that must be stiff seems full of starch. With a damp cloth, remove superfluous starch, and carefully smooth out all wrinkles, then dry before the fire, giving especial attention to having the material dry in shape, for this is essential to ease and good results in ironing.

Shirts must be dampened as above, and starched, taking the neck-band or collar first. Stretch it into shape, lay it upon the table wrong side up, and rub it full of starch. Put a little starch also into the back of the yoke, and the shirt being still wrong side out, stretch the bosom into shape, and place it upon the table, the back of the shirt lying underneath the bosom. Place the cuffs or wristbands wrong side up on the bosom, rub starch into them, and clear off the excess with a damp cloth. Rub starch into the bosom in the same way. "Clear it off" on the wrong side, turn it over, and then clear it off on the right side, and work out all wrinkles, leaving all parts as smooth and true as you wish them to be when ironed. Then separate the back from the front, and hang the bosom toward the fire, having the neck-band in shape, the tab turned up, and the cuffs straight. Treat separate cuffs and collars in the same way as the shirt, and pin them on to a clean cloth, or string them together to dry, for thus allowing parts to dry in shape makes the work of ironing comparatively easy.

Thick-starch work is always dampened before ironing, by contact with a wet cloth, after which it is best to let the fabric stand overnight before ironing, but four or five hours under pressure will answer as well. Dip the lower half of the shirt into water, and wring it half dry, then turn half of the wet part over the bosom, and half over the back; fold the sides toward the center, and roll from the neck down, or better still, place one shirt upon the other, and over all a cloth, and board or heavy weight.

For the ironing you will need an ironing table, a bosom-board, a knife to clean the irons, beeswax, a bowl of water, and polishing- as well as ordinary flat-irons. A damp cloth is also necessary in thick-starch work, to take out wrinkles or remove dirt. Wring the cloth very dry, and pat lightly with it, rather than rub. If the iron sticks, it may be dirty or too cool, but never return an iron to the fire without being sure that it is clean.

When ready, turn the shirt right side out, double the back in the middle, and iron it quickly with a common iron. Then iron the yoke, and straighten the cuffs, and with a polisher, iron first the wrong side slightly, then the right side until dry and polished. To polish successfully, great pressure must be used, and the whole weight of the body is often brought down upon the iron. Now, iron the sleeves just above the cuff, and next the neck-band on the wrong side; then polish the inside of the yoke, because it shows when the shirt is folded, and dry and polish the right side of the neck-band. If there is a rolled collar attached to the shirt, iron it first straight, but do not turn it over until you are ready to fold the shirt, then fold the collar carefully with the hand, and press with the iron at the middle of the back, to fix it in shape. Now put the shirt on the bosom board, and if it is open in front, iron the upper side first, next the lower side of the bosom, then both together until perfectly dry, being sure that the sides are of equal length, and that the eyelet holes coincide. If, however, the shirt is closed in front, iron the side near you first, then the plait in the middle, raising the plait with a dull knife, and lastly, iron the side from you, working toward the outside of the bosom. Always work lightly and slowly at first, until the part begins to dry out, then with force and faster, to dry and polish thoroughly. After the bosom, iron the cloth next it, and the tab, and take the shirt from the bosom-board, placing it front down on the table; iron next the back of the sleeves, and the front of the garment. Fasten the neck-band together, lay the shirt in shape, bosom up, and iron a fold in the yoke next the band, then turn the shirt over, and fold the sleeves on to the back, and then the body of garment in the same way, making a strip the width of the bosom. Finally, fold this strip to the size of the bosom, and hang the garment to air.

Collars and cuffs are similarly ironed, first lightly on the wrong side, then on the right side to dry and polish. Turn the corners if desired. When quite dry, curl them with a common iron by first warming the collar with the iron; then placing it right side down, hold an iron in the right hand on the end of the collar toward you. Take that end in your left hand, having the edge of the iron close to it, then as the iron recedes, raise the end of the collar in the left hand, following close to the iron. Do this several times from each end, until the

collar assumes its proper shape. If the domestic finish is desired for linen, the gloss can be taken off by contact with a damp cloth, wrung as dry as possible. All this work should be carefully done, for practise and dexterity alone will make an expert in this fine-finished starched work.

Linen duck or piqué suits may have starch rubbed into them, or the starch may be thinned a little, the garment dipped into it, and the cloth rubbed well between the hand, so that the starch may penetrate it; but if you wish a very stiff garment, it is best to put it while dry into thin starch. In ironing observe the rules for thick-starched work.

Quite similar to shirts in treatment are shirt-waists, but they come under the head of colored goods, which we shall now consider.

**COLORED
COTTON
GOODS.**

The work of the dyer has improved so much in recent years, that we rarely have anything but fast colors in wash goods. Many of the colors may be treated as white, but it is wise to wash colored goods carefully.

As a necessary precaution, only the best soaps should be used, for the alkali of strong soap is very likely to weaken the color. It is best in any case to wash a piece of the goods before wetting the whole garment, and if the color is inclined to run, set it with a solution of one tablespoonful of salt or white wine vinegar in water. Make a liberal warm suds with Ivory soap and water and wash quickly, rinsing and hanging to dry one garment at a time. Should the water be colored by the goods, take a fresh water for the next garment. It is best not to rub soap on the goods, nor the goods on the board, except the edges of the hem if very much soiled, but rather to squeeze or rub the suds into or through it gently by hand. When clean, rinse it several times, or until the last water is clear, and then use bluing if desired, and starch the garment at once in thin starch; then after turning it wrong side out, shake it into shape, and hang it to dry in the shade, for bright sunlight is likely to fade even the fastest color, especially when damp. When dry, dampen and roll up the garment for ironing.

Colored shirt-waists, after being carefully washed according to these directions, should be dipped into thin starch and wrung out, then with thick starch rubbed well into the cuffs, neck-band, and plait

down the front, and hung to dry in the shape in which they are to be worn. When dry, sprinkle the body of the garment, place thick-starched parts inside, fold, and roll up wrong side out. The ironing of shirt-waists is quite similar to shirts. With polisher, iron cuffs, neck-band, and parts of sleeves next cuffs, and with common iron take in turn the yoke in the back, the back, the plait in front, the two divisions of the front, and finally the sleeves. If necessary, put a small iron inside of sleeves, for gathers at the top of sleeves should be carefully pressed, and never left wrinkled. Finally, polish the plait, and hang the waist to air.

Muslins, prints, and gingham when washed, should be ironed on the wrong side whenever possible, as it makes the material look far better.

HOSIERY. Colored cotton hose should be washed as above, and Merino or ordinary woolen hose as well as silk hose, must be washed according to directions given for washing flannels, taking especial care to use a clean suds, otherwise, white particles will adhere to the hose. If the fastness of the color is in doubt, hold the legs well out of the water, and wash the foot first, rubbing soap carefully on it, then put in the entire stocking, wash quickly, turn wrong side out, wash, rinse, and wring, then stretch into shape, and hang to dry. When nearly dry, iron on the wrong side with a not too hot iron, putting the hand into the foot of the stocking, and as you draw the hand out, follow it with the iron.

FLANNELS. Wool under the microscope is not a smooth, continuous fiber, but is made up of thousands of tiny sections or sheaths overlapping each other. The exposed edges of these sheaths are irregular and sometimes jagged, with points resembling saw-like teeth. When flannel shrinks or thickens, it is supposed that owing to dampness or extremes of heat or cold or some other cause, these fibers slip close together, and these teeth, catching into each other, hold fast, keeping them from again separating, and thus the goods shortens and thickens, or shrinks. The more closely woven and twisted the fibers

are in the first place the less liable the material is to shrink, but everything depends upon the care with which flannels are washed and dried. Best results will be obtained by observing the following method : First, shake the dust out of the flannel, then fill several tubs or utensils with water of a uniform temperature, about 100° F.; that is, so the hands can very comfortably be held in the water. Prepare a good, strong suds of Ivory soap in two or three of the tubs, and if the garment is quite soiled, work the suds well into the soiled parts without rubbing, and let the garment soak for twenty minutes. Then draw it through the hands, work up and down, and squeeze, but do not rub soap on it or rub it on the board. Then put through the wringer, turn the garment wrong side out, and immerse in a second suds of the same temperature as the first. If still soiled, use a third suds, and then if any soiled spot does not yield to this treatment, lay it upon the table or other smooth surface, hold it straight, and rub it briskly with a small brush and soap. Rinse the garment quickly through several *soft* waters of the same temperature as the first, until the final water is clear, and put it through the wringer or squeeze by hand, but do not twist the flannel. Then shaking it, hang it to dry where it is warm, taking care to guard against extremes of temperature, never hanging it where it is so hot that the garment will steam nor where it is cold. It is well to stretch all flannel into shape as it dries, but this is especially necessary for ribbed underwear, which need not be ironed. Press flannel when nearly dry on the wrong side until *perfectly* dry, using a moderately warm iron. Never have the iron so hot that the flannel will steam; press rather than rub it.

In washing flannels,—

Never use a strong alkali.

Never use washing-powder.

Never use strong soap.

Never rub soap on the material.

Never rub the material on the board.

Never rub the material between the hands.

Never wring by hand.

Never use hot water and then cold water.

Never hang to dry near the stove.

Never hang to freeze.

Never use a hot iron.

If these suggestions are observed, your flannels will wear out before they shrink.

Woolen dress-goods of any kind should be washed as flannels are. Try first a sample to see what treatment is necessary. Ammonia will usually brighten black goods. Work quickly, wring the goods loosely from one water to the other, but if the material wrinkles badly, take it from the last water without wringing it, and hang by the edge to dry, but do not let it get perfectly dry. Put over the ironing sheet a cover of cotton cloth, fast in color, and about the color of the material to be ironed, and while yet damp, put the material on the table wrong side up, and iron until perfectly dry, using a warm but not too hot iron. Finally air the material and roll rather than fold it, and it will be like new.

BLANKETS. Select a warm, sunny day for washing blankets. First, shake the dust out well, then soak the blankets in a warm suds for thirty minutes. Work them up and down in the water, squeeze them against the sides of the tub, and put them through the wringer, loosely adjusted, into another strong suds of the same temperature as the first. Stir them about, and soak them for ten minutes. For each pair of blankets allow one-half cake of Ivory soap, shaved and boiled. Stretch soiled parts over a smooth surface and rub with a brush, using the soap solution. Then rinse in several warm waters or until the water is clean, and hang to dry in the open air, so that they will dry straight; and when perfectly dry, rub the surface with a soft, flannel cloth to raise the pile, and finally hang them near a stove in a warm room for several hours.

Nearly every week one finds some article of fine texture or color, which requires especial care in laundering, for fear that it will be injured in the process. It is best to lay these aside and wash them by themselves. In this class may be thin muslins, fine handkerchiefs, infants' caps and dresses, silks, ribbons, chiffons, laces, and embroidered linen. As a general rule most articles of this description may be washed without injury if a pure neutral soap is used in medium warm water and no force employed. Ivory soap is especially valuable for this fine work because of its purity and uniformity.

**CLEAR
STARCHING.**

The fine muslins can best be finished by the clear-starch process, which is brought down from the days when our grandmothers wore fine kerchiefs and caps.

A very thin starch, deriving its name from its clear appearance, is used, and may be made from corn-starch in the proportion of one level tablespoonful of starch to one quart of water; boil half an hour.

But rice starch, which is even better, may be either made from the water in which rice is cooked, or as follows: Wash one-fourth pound (one-half cup) rice. Put it in one quart of water, boil it slowly, stir often at first. Keep up the quantity of water, and cook until the rice

is a pulp, add one quart boiling water, and strain through a flannel (without pressing). If too thick, dilute with cold water, and use starch while hot.



Rice starch has high stiffening power, and is capable of great dilution, hence it will probably be necessary to dip a bit of material into the starch, and iron it to find out when it is of the proper consistency. The muslin should be as stiff as when new, but never stiff enough to crack and rattle.

If the material is soiled, soak it, and then wash it very carefully, squeezing into it a thick soap lather, carefully avoiding rubbing if possible. If it must be rubbed, lay it on a piece of white cloth, and rub both together between the hands. If it is necessary to boil it, put it in a bag, to protect the delicate fabric. If, however, it is not very much soiled, pour an abundance of boiling water over it, and let it stand. Rinse the material well, then blue it, and put it into the thin hot starch, squeeze it out, and lay between cloths for a few minutes, to absorb the moisture. Then shake out the material, and pat or clap it between the hands, until dry enough to iron. Pull it gently into shape, and iron it on the right side unless it is embroidered. If embroidered, it must be ironed on the wrong side over flannel, to bring out the pattern, and then the muslin on the right side must be ironed. Being thin, the muslin will dry out quickly, and it is best to use a

damp cloth freely, and leave each part dry, smooth, and free from wrinkles.

Organdie may be washed similarly, and stiffened either by clear starch or by gum arabic—a teaspoonful to a pint of boiling water. It should be laid while damp between cloths, and pressed with a moderate iron, until dry, or if it is made up, it may be dampened with a cloth wet in thin, cold starch, and ironed at once. Plenty of time should be taken in this work, or the result will not be good.

LACES. Real laces are rarely washed, because they are almost sure to thicken slightly, and they require such careful handling to make them appear like new. When not in use, fine laces should be kept in powdered magnesia, between folds of blue tissue paper.

Wash white lace in warm water with Ivory soap, and a little ammonia added. Soak it for an hour, and then use fresh water. Do not rub, but squeeze in soap lather, and thus get the dirt out. If very yellow, put soapy water over the lace, and set it in the sun for a day or two. When it is clean, rinse thoroughly. If you wish the lace cream color, add strong coffee to the last rinsing water, and if you wish it white, add a little bluing. To give lace the body it had when new, stiffen it in gum arabic water, made by dissolving a piece of gum arabic the size of a pea in one pint of boiling water. Lay the lace between dry cloths to absorb the moisture, then clap it until nearly dry, and pull it into shape, and pin it on to flannel, straight and true. Be sure that each point is in shape, and that every loop of the pearl edge has a pin to hold it in place.

Wash black lace in one cup of strong coffee, to which one tablespoonful of ammonia has been added. Rinse it in equal parts of skimmed milk and water, clap until nearly dry, and pin into shape on flannel.

Lay black French lace on to cambric, and sponge it over with strong ammonia water. When nearly dry, cover it with cambric, and press with a warm iron—some of the stiffening of the cambric seems to go into the lace.

Shake and brush lace curtains to remove the dust, and soak them in soapy water overnight. Work the curtains gently up and down in

the water, and squeeze them between the hands, to get the dirt out. Put them into a clean warm suds, and keep changing the water, until the curtains are clean. Never wring curtains by hand, for it strains and tears them; lay them on a strip of cloth, and put carefully through the wringer. Rinse well in several waters, and put through hot, moderately thick starch. If the curtains are white, the starch should be blued; if cream color, strong coffee should be added to it. Pin each point carefully to the drying frame, and set it in the air to dry. Two or three curtains may be dried at the same time, on one frame. If you have no frame, lay clean sheets over the floor of an unused room, stretch the curtains into shape, and pin each point so that it will not slip. If points are out of shape when dry, they may be dampened with a cloth and ironed. Curtains well washed are so greatly improved, that they should never be kept in service after they begin to show the dirt.

SILKS.

Silk fiber is smooth and shiny, and for best results requires the same treatment in the laundry as wool. It should be soaked twenty minutes if necessary, and then washed carefully in warm water, with Ivory soap solution. Do not rub silk except with a soft nail-brush over a smooth surface, for if rubbed hard, the fiber is broken, and the shiny effect lost. Rinse in several warm waters until the last water is clear, then wring lightly, and hang up to dry where you can watch it. When nearly dry, iron with a very moderate iron until perfectly dry, for if the iron is too hot, the silk will be stiff.

Silk crêpe or silk of fancy weave that does not require ironing, may be made to look like new if taken from the last water without wringing, and spread straight and smooth upon a clean table, and allowed to dry there.

Lay ribbons out smooth upon the table, and brush on both sides with a nail-brush, dipped in soapy water. When clean, rinse without squeezing, draw through the hands, and while quite wet spread straight and true upon a smooth surface to dry.

Wash chiffon in soapy water, rinse carefully, clap dry, stretch into shape, and iron on the wrong side with a cool iron.

Wash silk-embroidered linen as directed for fine goods, and rub soiled parts with a brush, and rinse until clean. If the color is inclined to run, do not wring it, but dry and iron between cloths. Always iron first wrong side up, over several thicknesses of flannel, to make the embroidery stand out; and when dry, turn it on the right side, and iron the linen smooth between the embroidery.



“Nor love, nor honor, wealth nor pow’r
Can give the heart a cheerful hour
When health is lost. Be timely wise;
With health all taste of pleasure flies.”

HOW to make the home the abiding-place of health. Given a house well provided with light, sunshine, pure air, and dryness, and disease is therein a stranger. In order to provide these essentials to a healthful home, several precautions are necessary. The house must be properly located with respect to the character of the ground on which it stands and its surroundings. Dampness, coming from the soil under or surrounding the house, is a source of danger, and gives rise to consumption, rheumatism, malaria, and kindred maladies.

Pure soil consists almost wholly of mineral matter, air, and water. But vegetable and animal matter is frequently mingled with the soil, and since warmth and moisture cause decomposition in these substances, noxious gases are given off during the process of decomposition. These gases rise to the surface, mingle with the air, and are taken into the system with every breath. They work very slowly upon the human system, but they work all the time, and their victims scarcely realize their dangerous position until illness is fully developed. Nor is the cause of disease always apparent, because the occupants of the house become used to the odors, and do not notice them. If the earth under the house is damp, and filled with noxious gases, they will naturally rise and permeate the whole house. Floors, doors, and walls are no protection against them. Unless the cellar floor is made impervious to gases and dampness, it is a constant breeder of disease. The best

authorities on sanitation recommend that the floor of the cellar be made of clay packed hard and covered with a layer of cement. Such a cellar, with a good drain pipe, will always be dry and sweet, and will go a long way toward keeping the whole house in a good sanitary condition.

The dwelling should be situated so as to insure a free circulation of air round it, and a thorough system of drainage. The rooms should be large, airy, and well ventilated. A most pernicious source of impurity is sewer-gas, which can only enter houses where waste and soil pipes are in direct communication with the main system of sewers. The decomposition of fecal and other matters in drains produces both ammoniacal and other sulphurous gases. These gases, owing to their light specific gravity, rise to the highest point in the pipes and from thence force their way through the imperfections in drains and pipes, and also through the water traps of closets and sinks into our houses, and become a most potent atmospheric impurity.

They are of two kinds — an odoriferous and an odorless gas. The former is almost innocuous, but the latter is most deadly, since it depresses the general system and frequently contains the germs of disease. Sunlight and thorough ventilation destroy the properties of this gas. In order to prevent sewer-gas from entering a house, all waste-pipes in connection with the sewers should be carried along outside the house and furnished with a ventilator, so that the gas may escape into the external air. The ventilator should discharge at the roof of the house, and not near to a window or other opening into the dwelling. The outlet of pipes from wash-basins in bedrooms should discharge in the open air, and should not be directly connected with drains.

Foul smells and gases arise from many other causes, such as decomposition of organic matter within the house, emanations from the surface of the body, and preparations of arsenic and copper in wall-paper. Flowers give off carbonic acid gas at night, and gas-jets pour much impurity into the atmosphere. Overcrowding also greatly vitiates the atmosphere.

Every portion of a house should be kept scrupulously clean, and after infectious or contagious diseases there should be a thorough cleansing and disinfecting of the furniture, bedding, and carpets.

Full consideration to personal cleanliness is absolutely essential to good health. The neglect of an efficient use of water is perhaps one

of the most potent and prolific causes of disease. The first duty of every human being is to attend thoroughly to the cleansing of the whole body, and this can be done only by the free application of water. The daily use of the bath is not only conducive to health, but a powerful preventive against disease. It promotes digestion, regulates the bowels, and is, in fact, invaluable as a sanitary measure. All under-clothing should be changed once a week, and socks and stockings every two days.

All household furnishings should be kept thoroughly free from dirt. One or two other points should also be noticed. Exercise is one of these. It may be walking, bicycling, or horse exercise. These are invigorating; they promote appetite and digestion, and the healthy action of the functions generally. An outdoor occupation is to be preferred as far as health is concerned. In addition, freedom from anxiety, cheerful society, honesty, and the practise of all the virtues are most conducive to the preservation of health.



THE SICK ROOM



"We all, when we are well, give good advice to the sick."

— *Terence.*

THE conditions of a room with respect to temperature, fresh air, light, and cleanliness, are never too favorable for persons in the best of health; but when sickness invades the home, the problems of the sick-room assume a serious nature. Every detail of the room requires special attention; for in the long hours of sickness the patient will have scanned them all a thousand times. His thoughts being mainly subjective, he will also feel the temperature, and observe the degree of light or darkness, and the air fresh or foul in the room.

It is just as essential to treat the mind in case of sickness as it is the body, and the arrangements of the sick-room influence the patient very much, and may, indeed, where faulty, baffle the efforts of medicine.

FRESH AIR. The first problem is to secure a full and free change of fresh air without chilling the patient. The temperature of a sick-room should be maintained as near to 60° as possible. In the winter season, unless great care is taken, it will easily fall below this; at other times of the year it is more readily overheated. According to the state of the weather, have the door or window or both open. In the summer-time the upper part of the window of a sick-room should always be open; in cold weather, a fire burning acts as an air purifier, in that it draws off the vitiated air of the room, at the same time that it diffuses sufficient warmth. In some affections of the breathing organs,

it is very desirable in cold weather to keep the air of the room warm and moist by the steam from the spout of a teakettle. This will also aid materially in preserving an even temperature in the room, which is especially desirable in the treatment of croup and other inflammatory affections of the chest.

LIGHT. The adjustment of the light during the day has much to do with the patient's peace of mind. It should be moderated according to the sensibility of the patient. Some persons, when ill, like a dark room. This is more particularly the case when the head is at all affected. In delirium, a darkened chamber has often a soothing effect. The bed should not be placed so that the strong lights fall upon the face of the patient, but during convalescence, the bright and cheerful light of the sun exerts a beneficial restorative influence.

CLEANLINESS. Uncleanliness, inexcusable in any place in the home at any time, is positively criminal in the sick-room. It is of the first importance that the bed linen, and clothing of the patient be kept fresh by frequent changes, and thoroughly dried and aired. Be careful to supply the needed warmth by light but not overabundant clothing.

The patient should be bathed freely. Avoid a chill by giving a sponge bath with alcohol and warm water, exposing only a part of the body at a time to the air, and rub till perfectly dry. Children suffering from scarlet fever, measles, or typhoid, derive comfort and benefit from giving their bodies a daily sponging with warm vinegar and water.

It is quite essential that the floor of a sick-room be kept clean. In sweeping tie over the broom a wet cotton-flannel bag made with the napside out. Use a damp cloth to remove all dust. Do not perform any more work in the presence of the patient than is absolutely necessary. All cleansing, drying, and airing of objects should be done outside of the sick-room.

Ice frequently becomes a necessity in the care of the sick, as a greater degree of cold is sometimes required to be applied to a small

part of the surface, as is the case of a rupture or in fever when the headache and heat of the head are extreme. A convenient mode of reducing the temperature of a part by ice is to pound some small and enclose it in a bladder, and tie the neck of the bladder very tightly. The water in the bladder will continue at the temperature of the ice until every particle of it is melted.

CONVERSA- Conversation in the sick-room must be regulated by the
TION. severity of the illness, but in extreme illness no unnecessary words should be spoken, and no needless, noisy, nor abrupt movements should be made. Any discussion of the disease or the medicine will only disturb the patient. It is best to cultivate a smooth, low tone in preference to a whisper because the latter is more penetrating. Visitors should not be admitted to the sick-room except with the consent of the nurse or physician, and then the conversation should be confined to a greeting.

FOOD FOR In regard to the sick-room diet, so much must be said
THE SICK. that a special chapter is devoted in this book to "Food for the Sick."



WITHIN the last few years great changes have occurred in the ideas entertained by the medical profession as to what is proper food for the sick. As a rule, patients are allowed to eat about what is desired, care being taken, of course, not to overload the stomach. There are cases, however, where there is little wish for food, and where the thoughtful nurse must look for something which is daintily appetizing, as well as nourishing, and at the same time easy of digestion. To meet this want the recipes below are given.

Never set before the sick a large quantity of food; tempt with a very small portion delicately cooked and tastefully served. If not eaten directly, remove from the sick-room without delay, as no food should be allowed to stand there. Do not give the same food often, as variety is charming. Never keep the sick waiting; always have something in readiness — a little jelly, beef-tea, stewed fruit, or gruel. It will be found more tempting to serve any of these in glasses. If much milk is used, keep it on ice. Let all invalid cookery be simple; be careful to remove every particle of fat from broth or beef-tea before serving.

It has been proved that fully two thirds of all disease is brought about by error in diet. The human body is made up of several elements in certain proportions, and when these proportions are disturbed materially, disease is the result. This disturbance may be caused by eating too much of one kind of food and not enough of another, or what is eaten may be improperly cooked. In order to restore the normal condition, certain things must be eaten, and above

all they must be cooked properly, or, in other words, so as to bring out the full strength of their valuable food elements.

Different diseases require different diets, and the subject of the proper diet for various diseases has been the subject of much scientific investigation. Medical colleges are the leading investigators of this all-important subject, and one of the largest and best institutions in the United States recommends the following diets in the diseases named.

DYSPEPSIA. Persons suffering from this very prevalent disease are allowed to take,—

SOUPS.—Thin soups, beef tea, broths.

FISH.—Raw oysters.

MEATS.—Beef, mutton, lamb, chicken, game, venison, chopped meat.

EGGS.—Poached, soft-boiled, raw, or whipped up with water and liquor or wine.

BREAD AND FARINACEOUS ARTICLES.—Bread (sparingly), corn-bread, rice cakes, stale bread and butter, macaroni, sago, tapioca, cream crackers, dry toast.

VEGETABLES AND FRUITS.—Green vegetables, such as spinach, turnip tops, cresses, salads, celery, sorrel, lettuce, string beans, dandelion, chickory, asparagus, oranges, ripe peaches, pears, apples roasted, and thoroughly cooked dried fruits.

DRINKS AND LIQUIDS.—Water abundantly, hot water (before meals), kumyss, buttermilk, milk and lime-water, milk and seltzer, tea, claret, dry wines.

Thoroughly masticate all foods. This is a rule to which there is no exception.

Patients must avoid rich soups, all fried foods, veal, pork, hashes, stews, turkey, sweet potatoes, all starches, and saccharine articles, all gravies, made dishes, sauces, desserts, pies, pastry, puddings, ice-cream, sweet wines, malt liquors, cordials, and all uncooked vegetables.

OBESITY. For obesity, patients may take,—
SOUPS.— Beef, mutton, and chicken broth.

FISH.— All kinds.

MEATS.— Lean beef, lean mutton, chicken, game, eggs.

VEGETABLES.— Asparagus, cauliflower, onions, celery, cresses, spinach, white cabbage, tomatoes, radishes, lettuce, greens, squash, turnips.

BREAD AND FARINACEOUS ARTICLES.— Stale bread and toast, sparingly; gluten biscuit. (Not over four ounces of bread daily.)

DESSERTS AND FRUITS, ETC.— Grapes, oranges, cherries, berries, and acid fruit.

DRINKS.— Tea or coffee, without sugar or milk; wine, occasionally. Exercise plentifully.

Patients must **AVOID** fat, thick soups, sauces and spices, hominy, oatmeal, macaroni, white and sweet potatoes, rice, beets, carrots, starches, parsnips, puddings, pies, cakes, all sweets, milk, all alcoholic drinks, malt liquors, and water in excess.

CHRONIC RHEUMATISM For chronic rheumatism and gout, the following diet is recommended :

AND GOUT. **SOUPS.**— Vegetable soups, except pea or bean.

MEATS.— Beef, mutton, chicken, ham, bacon, game. (Meats and nitrogenous food in moderation.)

BREAD, ETC.— Bread from whole wheat, crackers, rye-bread, oatmeal, cracked wheat, milk toast, rice.

VEGETABLES.— Potatoes, fresh vegetables.

DESSERTS.— Milk puddings, fruit of all kinds in moderation, if not extremely acid.

DRINKS.— Water plentifully, lemon-juice, old whisky, gin, dry wines, weak tea, milk. (An absolute milk diet is sometimes necessary and curative.

FISH.— Fresh fish, raw oysters, raw clams.

Patients must **AVOID** soups, eggs, all made dishes, gravies, and spices, pork, veal, turkey, all pies, pastries and rich puddings, patties, confectionery, sweet wines, Burgundy, heavy claret, cordials, malt liquors, tobacco, asparagus, peas, beans, and all acid fruits.

Under all circumstances let the rule be abstemiousness.

DIABETES. For diabetes, the following diet is recommended : —
Plain soups.

FISH.— All kinds, oysters, clams, lobster, shrimps.

MEATS.— All kinds, poultry, game, and bacon.

EGGS.

BREAD, ETC.— Bread and biscuits made with prepared gluten flour.

VEGETABLES.— Green vegetables, such as summer cabbage, turnip tops, spinach, watercresses, mustard, sauerkraut, lettuce, sorrel, mushrooms, celery, string beans, dandelion, chickory, cold slaw, cucumbers, olives, asparagus, truffles, radishes, onions, pickles.

DESSERTS.— Custards without sugar, eggs, cheese, butter, jellies, unsweetened; nuts, except chestnuts.

DRINKS AND LIQUIDS.— Water, buttermilk, dry wines in moderation, claret, sherry, Burgundy, acid fruits, lemons, currants, tea, cream, coffee without sugar. Saccharine may be used in place of sugar; one grain will sweeten a cup of coffee or tea.

Patients must **AVOID** sweet milk, liver, bread, biscuits, toast; farinaceous vegetables, such as potatoes, rice, oatmeal, corn-meal, sago, tapioca, arrowroot; saccharine vegetables, such as turnips, carrots, parsnips, green peas, French beans, beet-root, tomatoes, fruits of all kinds; all preserves, syrups, sugars, cocoa, chocolate, cordials, sweet wines, all pastry, puddings, ice-cream, honey.

ALBUMINURIA. This is a morbid condition in which albumin is present in the urine, thus causing a gradual wasting away of strength and health. The following diet is recommended for persons suffering from this malady.

SOUPS.— Broths and thin soups, beef tea.

FISH.— Fish of all kinds, oysters.

MEATS.— Chicken, game, sweetbreads.

BREAD AND FARINACEOUS ARTICLES.— Bread, corn-bread, rice, macaroni, sago, tapioca.

VEGETABLES AND FRUITS.— Potatoes, spinach, celery, lettuce, cresses, beans, peas, baked and stewed apples, oranges, prunes, peaches.

DRINKS AND LIQUIDS.— Water distilled, or rain water, abundantly; milk, buttermilk.

Patients must **AVOID** all fried foods, beef, mutton, eggs, made dishes, desserts, strong tea and coffee, all alcoholic stimulants.

URIC ACIDEMIA. The following menus are recommended for persons suffering from uric acidemia:—

BREAKFAST.— Porridge of wheat, oats, or corn-meal, eaten with milk; a few mouthfuls of fish or egg; one or two pieces of bread, or its equivalent in toast, plenty of butter, a cup of milk flavored with tea, coffee, or cocoa.

LUNCH.— Potato and one other vegetable, eaten with butter; pudding, tart, or stewed fruit; biscuit and butter, a little fruit, milk.

DINNER.— Soup, fish, fowl, or game, in small quantity; two vegetables with sauces or butter, biscuits and butter; any ordinary pudding or stewed fruit; fruits.

RECIPES FOR SICK-ROOM DIET. The following recipes have been specially prepared under the supervision of an eminent physician, who has made a special study of food for the sick.

BEEF TEA. Take one pound lean beef, one pint water, and one-half saltspoonful salt. Cut the meat into very small pieces, carefully removing the fat. Put into a stone jar with the salt and water; cover with the lid, and tie over it a piece of thick brown paper. Put it into a moderate oven, simmer slowly for four hours, and strain.

MUTTON BROTH. Cut in small pieces one pound of lean mutton or lamb, and boil it, unsalted, in one quart of cold water, keeping it closely covered until it falls to pieces. Strain it, and add one tablespoonful of rice or barley, soaked in a little warm water. Simmer for one-half hour, stirring often, then add four table-

spoonfuls milk, salt and pepper, and a little chopped parsley, if liked. Simmer again five minutes, taking care that it does not burn. Chicken broth may be prepared in the same way. Crack the bones well before putting them into the water.

BEEF TEA This may be served alone, either hot or cold, or a few
CUSTARD. small pieces can be put in a cup of beef tea, which is thus transferred into a kind of *soupe royale*. Beat up an egg in a cup, add a small pinch of salt, and enough strong beef tea to half fill the cup; butter a tiny mold, and pour in the mixture. Steam it for twenty minutes, and turn it out in a shape.

VEAL BROTH. One and one-half pounds of veal, one dozen sweet almonds, one quart water, a little salt, one pint boiling water. Remove all the fat from the veal, and simmer gently in the water till it is reduced to a pint; blanch and pound the almonds till they are a smooth paste; then pour over them the boiling water very slowly, stirring it all the time till it is as smooth as milk; strain both the almond and veal liquors through a fine sieve, and mix well together; add the salt, and boil up again.

CHICKEN An old fowl, three pints of water, a pinch of salt, a
BROTH. blade of mace, six or eight peppercorns, a very small chopped onion, a few sprigs sweet herbs. Cut up the fowl and put it, bones as well, in a sauce-pan with the water, salt, mace, peppercorns, onion, and sweet herbs; let simmer very gently till the meat is very tender, which will take about three hours, skimming well during the time. Strain carefully, and set aside to cool.

EGG BROTH. An egg, one-half pint good unflavored veal or mutton broth quite hot, salt, toast. Beat the egg well in a broth basin; when frothy, add the broth, salt to taste, and serve with toast.

BEEF BROTH. One pound good lean beef, two quarts of cold water, one-half teacup tapioca, a small piece of parsley, an onion, if liked, pepper, and salt. Soak the tapioca one hour, cut the beef in small pieces, put in a stew-pan the above proportion of water, boil slowly (keeping well covered) one and one-half hours, then add the tapioca, and boil one-half hour longer. Some add with the tapioca a small piece of parsley and a slice or two of onion. Strain before serving, seasoning slightly with pepper and salt. It is more strengthening to add, just before serving, a soft poached egg. Rice may be used instead of tapioca, straining the broth, and adding one or two tablespoonfuls of rice (soaked for a short time), and then boiling one-half hour.

SCOTCH BROTH. The liquor in which a leg of mutton, piece of beef, or old fowl has been boiled, barley, vegetables chopped small, a cup of rough oatmeal mixed in cold water, salt and pepper to taste. Add to the liquor some barley and vegetables, chopped small, in sufficient quantity to make the broth quite thick. The necessary vegetables are carrots, turnips, onions, and cabbage, but any others may be added; old (not parched) peas and celery are good additions. When the vegetables are boiled tender, add the oatmeal to the broth, salt and pepper to taste. This very plain preparation is genuine Scotch broth as served in Scotland; with any coloring or herbs, etc., added, it is not real Scotch broth. It is extremely palatable and wholesome in its plain form.

MUTTON CUTLETS (DELICATE). Two or three small cutlets from the best end of a neck or loin of mutton, one cupful of water or broth, a little salt, and a few peppercorns. Trim the cutlets very nicely, cut off all the fat, place them in a flat dish with enough water or broth to cover them, add the salt and peppercorns, and allow them to stew gently for two hours, carefully skimming off every particle of fat which may rise to the top during the process. At the end of this time, provided the cutlets have not been allowed to boil fast, they will be found extremely tender. Turn them when half done.

BROTH (BEEF, MUTTON, AND VEAL). Two pounds lean beef, one pound scrag of veal, one pound scrag of mutton, some sweet herbs, ten peppercorns, five quarts water, one onion. Put the meat, sweet herbs, and peppercorns into a nice saucepan, with the water, and simmer till reduced to three quarts. Remove the fat when cold. Add the onion, if approved.

RABBIT (STEWED). Two nice young rabbits, one quart of milk, one tablespoonful of flour, a blade of mace, salt, and pepper. Mix the flour into a smooth paste with one-half glass of milk; then add the rest of the milk, cut the rabbits up into convenient pieces, place in a stew-pan with the other ingredients, and simmer gently until perfectly tender.

MEAT JELLY (1). Beef, isinglass, one teacupful of water, salt to taste. Cut some beef into very small pieces, and carefully remove all the fat. Put it in an earthen jar with alternate layers of the best isinglass (it is more digestible than gelatin) until the jar is full. Then add a teacupful of water with a little salt, cover it down closely, and cook it all day in a very slow oven. In the morning scald a jelly mold, and strain the liquor into it. It will be quite clear, except at the bottom, where will be the brown sediment such as is in all beef tea, and it will turn out in a shape. It is of course intended to be eaten cold, and is very useful in cases where hot food is forbidden, or as a variety from the usual diet.

MEAT JELLY (2). A calf's foot, one and one-half pounds neck of veal or beef, a slice or two of lean ham, one small onion, a bunch of parsley, a teaspoonful of salt, a little spice, three quarts of water. Simmer slowly five or six hours, and strain. The above makes a strong but not highly flavored jelly. More ham or any bones of unboiled meat, game, or poultry, will improve it. The liquor in which chicken or veal has been boiled should, when at hand, be used instead of water. Meat jellies keep better when no vegetables are stewed in them.

BAKED HOMINY. To a cupful of cold boiled hominy (small kind) allow two cups of milk, a heaping teaspoonful of white sugar, a little salt, and three eggs. Beat the eggs very light, yolks and whites separately. Work the yolks into the hominy, alternately with the butter. When thoroughly mixed, put in the sugar and salt, and go on beating while you soften the batter gradually with milk. Be careful to leave no lumps in the batter. Lastly, stir in the whites, and bake in a buttered pudding-dish until light, firm, and delicately browned. It may be used as a dessert.

STRENGTH-ENING BLANC-MANGE. One pint of milk, one-half ounce of isinglass, rind of one-half small lemon, two ounces of sugar, yolks of three fresh eggs. Dissolve the isinglass in the water, strain through muslin, put it again on the fire with the rind of the half lemon cut very thin, and the sugar; let it simmer gently until well flavored, then take out the lemon peel, and stir the milk into the beaten yolks of the eggs; pour the mixture back into the saucepan, and hold over the fire, keeping it stirred until it begins to thicken; put into a deep basin, and keep it stirring with a spoon until it is nearly cold, then pour it into the molds, which have been laid in water, and set it in a cool place till firm.

A FEVER DRINK (1). A little tea sage, two sprigs of balm, a very small quantity of wood sorrel, a small lemon, three pints of boiling water. Put the sage, balm, and wood sorrel into a stone jug, having previously washed and dried them; peel thin the lemon, and clear from the white; slice, and put a piece of the peel in; then pour on the water, sweeten, and cover.

A FEVER DRINK (2). One ounce pearl barley, three pints water, one ounce sweet almonds, a piece of lemon peel, a little syrup of lemons, and capillaire. Wash well the barley, sift it twice, then add the water, sweet almonds beaten fine, and the lemon peel; boil till you have a smooth liquor, then add the syrup.

MILK PUNCH. One-half pint new milk, and one new-laid egg. Set the milk in a clean saucepan over a moderate fire; while it is heating, beat the egg to a froth in a basin or a large cup. When the milk begins to bubble, skim off the froth as it forms, and pour it into the whipped egg, quickly beating the milk in; repeat until the egg is well mixed (without curdling) with about half the now boiled milk. Pour the remainder from the saucepan into the mixture in basin, and quickly pour the whole back into the pan, then again into the basin, and so on until it is all frothy and well mixed. This cooks the eggs sufficiently. Add a pinch of salt, a lump or more of loaf-sugar, a few gratings of nutmeg or ginger according to taste, and serve in a tumbler, to be taken while hot. For cases of spasmodic pain from flatulency, or other cause, where brandy is often recommended, this is much safer to use

APPLE WATER. Some well-flavored apples, three or four cloves, a strip of lemon peel, boiling water. Slice the apples into a large jug (they need be neither peeled nor cored). Add the cloves and lemon peel, and pour boiling water over. Let it stand a day. It will be drinkable in twelve hours or less.

CURRENT WATER. One quart red currants, one-half pint raspberries, two quarts water; syrup — one quart of water, about three-fourths pound of sugar. Put the fruit with the water over a very slow fire to draw the juice, for one-half hour. They must not boil. Strain through a hard sieve and add syrup. Other fruits may be used in the same way.

BREAD PANADA. Toast to a light brown several slices of stale baker's bread. Pile them in a bowl with sugar and a little salt sprinkled between them. Cover with boiling water; cover tightly, and set into a pan of boiling water, letting it simmer gently until the contents of the bowl are like jelly. Eat while warm, with a little powdered sugar and nutmeg.

SAGO JELLY. Boil a teacupful of sago in four pints of water until quite thick; when cold, add a pint of raspberry juice pressed from fresh fruit, or half the quantity of raspberry syrup; add enough white sugar to sweeten to the taste, and boil fast for five minutes. Pour into the mold. Use a little cream with the jelly.

FLAX-SEED LEMONADE. Into a covered vessel pour one quart of boiling water upon four tablespoonfuls of flax-seed. Steep it for three hours, and then add the juice of two lemons and sweeten to the taste. If too thick, add cold water. Good for colds.

SLIPPERY-ELM BARK TEA. Break the bark into bits, pour boiling water over it, cover it closely and let it stand until cold. Put sugar and ice in for summer diseases, or add lemon-juice for colds.

RICE MILK. Two tablespoonfuls rice, one pint milk, one tablespoonful ground rice (if wanted thick, two will be required), a little cold milk. Put the rice into the pint of milk; boil it until done, stirring to prevent it burning. Put the ground rice with a little cold milk, mix smooth, and stir it in; boil for about fifteen minutes.

THICK MILK. Thick milk may be made in the same way as "rice milk," only substituting flour for rice, thickening and sweetening to taste. Five minutes' boiling will do.

CHAMOMILE TEA. One ounce of dried chamomile flowers, one-half ounce of dried orange-peel, one quart of boiling water. Put the chamomile into a jug with the orange-peel. Pour over it the boiling water, and stand in the back of the stove, just close enough to the fire to keep it simmering till the strength of the peel and flower is drawn out; then strain off for use.

**DANDELION
TEA.** Six or eight dandelion roots, according to size, one pint of boiling water. Pull up the dandelion roots, and cut off the leaves; wash the roots well, and scrape off a little of the skin. Cut them up into small pieces, and pour the boiling water on them. Let stand all night; then strain through muslin. It should be quite clear, and of a light brown color. About one-half glassful should be taken at a time. This decoction should be made only in small quantities, as it will keep fresh only two or three days.

**JELLY
WATER.** Stir a tablespoonful of currant or other jelly into one-half pint water; keep it cold, and give as occasion requires. Excellent in fevers.

**TOAST
WATER.** Toast a large slice of wheat bread so that it is a deep brown all over, but not blackened or burnt. Lay in a covered earthenware vessel, cover it with boiling water, and let it steep until cold. Strain it, and add a little lemon-juice, unless forbidden by the physician.

**MILK
PORRIDGE.** Take one spoonful of Indian-meal, and one of white flour; wet to a paste with cold water; put the paste into two cups of boiling water, and boil twenty minutes; add two cups of milk and a pinch of salt, and cook ten minutes more, stirring often. Eat with sugar and milk stirred in while hot.

**BARLEY
WATER.** Pick over and wash three tablespoonfuls of pearl barley; soak it one-half hour in a very little lukewarm water, and stir, without draining, into two cupfuls of boiling water, salted a very little. Simmer one hour, stirring often. Strain, and add two teaspoonfuls white sugar. When milk disagrees with infants, barley water can often be used.



STERILIZATION AND ANTISEPTICS.

THIS subject is one of great importance in the general economy of the home. When one stops to consider that a very large proportion of the diseases which afflict mankind to-day are of the infectious type, and that the spread of such diseases is due, in a large measure, to lack of care concerning the above points, he will readily see that this subject is not of ordinary importance.

It is not the purpose of this brief article to deal with the points under consideration from a scientific and technical standpoint, but rather to present the matter in such a form as to make it of general applicability to the home.

At the outset it is well to have definitely in mind the fact that any distinction between the terms sterilization and disinfection is, necessarily, relative. Sterilization, in a strict sense, implies complete destruction of the vitality of all micro-organisms present in the substance or material to be sterilized: while disinfection, on the other hand, though it may, need not cause the death of all living forms present but only of those forms which are infectious by virtue of their power of transmitting disease.

It is found that we have two distinct classes of sterilization: —

1. Sterilization by heat.
2. Sterilization by chemical agents.

In the consideration of sterilization by heat we have two methods to call to mind. By the first method we submit the substances to be sterilized to the action of dry heat in a properly constructed oven. As the laboratory apparatus is, of course, not at hand in our homes we can make use of the oven of our kitchen range for this style of sterilization.

This method is open to the objection that it has but a limited range of applicability. In order to insure perfect success by this dry method the substances to be sterilized must be treated to a relatively high temperature for a comparatively long time. As many substances of vegetable and animal origin are rendered useless by this method, one can readily see why the sterilization of such substances as cotton, woolen, wooden, and leather articles could not be thus accomplished.

The second method of sterilization by heat is the "moist method." Substances are subjected to action of steam for some time. Although this is carried out, in the laboratory, in an apparatus especially constructed for the purpose, yet the ordinary kitchen utensils will suffice for this method. The penetrating action of steam is more energetic than that of dry heat, and, at the same time, the injury to the articles sterilized is reduced to a very small amount. Cotton and woolen fabrics, bedding, clothing, etc., are usually sterilized by this method.

In laboratory practise the sterilization by the moist method is carried out in an interrupted process. By this I mean that the articles are "steamed" for one-half hour or one day, and are allowed to stand until the next day when they are again "steamed" for the same length of time. This process is carried out on each of three successive days. Why this is done it is not our purpose to point out, as it would lead us into scientific fields; suffice it that for absolute sterilization by this moist method, one must use the "fractional" style of sterilization. However, a process which can be carried out in the home and which will meet with great success is the ordinary boiling of substances to be sterilized. This can be conducted in an ordinary boiler and should be kept up for some time. Experiments show that the addition of a little bicarbonate of soda (baking-soda) to the water to be boiled will help the disinfection in many cases. It will be seen that this method requires time, but the results are sure.

Having briefly disposed of sterilization by heat, a few words on the sterilization of substances by chemical agents will not be amiss.

It must be remembered that sterilization by chemicals is mainly of value in rendering infected waste material free from danger.

One rule, however, is necessary in order that the disinfection may be successful; viz., the disinfectant used must come in direct contact with the germs to be destroyed. The nature of the material to be dis-

infected should be noted, as the disinfecting power of certain chemicals varies with the nature of the mass to which they are applied.

The action that occurs, when a chemical is used for disinfecting purposes, is a definite chemical one, and is fixed within certain limits; viz., with so much disinfectant just so much disinfection will take place.

Under the head of chemical agents used for disinfecting and antiseptic purposes we have many, such as corrosive sublimate, chlorine, sulphur in form of the sulphurous vapor, carbolic acid, formalin, etc.

The general points concerning sterilization and antiseptics having been outlined, we must now consider their applicability to the home.

HEALTH. Naturally the first thing suggesting itself, in this connection, is the application to the every-day life of the home. This can not be discussed to any extent, as the general principles of hygiene and sanitation would thus be involved. Yet one can readily understand that careful disinfection becomes more necessary in homes where large families are dwelling. One need but be reminded that our epidemics are spread by lack of hygienic surroundings, overcrowding, and uncleanness. As regards sterilization and disinfection, cleanliness in a home should be one of the first points to be observed. I can but intimate the grave dangers of accumulations of dust in which may be enough germs of some deadly disease to depopulate several cities. Of course, the presence of fresh air in large quantities is a necessary factor in house sanitation, and as such is of aid in the every-day disinfection of the home.

SICKNESS. The care of the home during sickness is of more than passing importance, as it is then that conditions are ripe for the spread and continuation of the disease. According to the carefulness and rigidity with which the rules concerning the disposal of ejecta, etc., are followed, just so much the better will the conditions be for patient and friends.

The overseeing of this matter is the proper field of the physician, yet a few general points will not be amiss.

A general point is that, in all infectious diseases the infective

material is discharged from the body in all of the ejecta, and hence must be the direct object of the disinfection.

All intestinal evacuations are best disinfected by using chloride of lime or milk of lime (white-wash). These chemicals should be thoroughly mixed with the evacuation, and allowed to remain in contact for some hours. This rule is especially important in cases of typhoid fever and cholera, where the infective germs are present in large numbers in such evacuations. The importance of this measure is seen in the fact that our epidemics of typhoid fever have, as a rule, been traced to lack of proper disinfection as above. In cases of nasal, bronchial, and pulmonary diseases the secretion should be especially watched. Every one is familiar with the fact that consumption is very contagious. This is due to the improper care of the sputum from the patient. In all cases the clothes which are saturated with the deadly tubercular sputum, should be burned, and not allowed to lie around until the sputum dries. The tubercle bacilli, the cause of this deadly disease, are very resistant, and when dried on the handkerchiefs are very easily borne about by currents of air. It is quite an easy matter to find lodgment in the buccal or nasal cavity of some attendant, and here do the germs find opportunity for growth, thus starting the disease in a new locality.

This disinfection of the tubercular sputum is absolutely necessary in order to prevent the transmission of the disease from the afflicted one to his associates in the home.

The importance of sterilization and disinfection in the care of the mother, during and after confinement should not be overlooked. As is well known, the period of the puerperium is a very dangerous one, and, as has been said, is one in which the mother can be compared to a wounded patient in that she is not sick but "eminently predisposed to disease." The proper rules can not be discussed here, suffice it that everything used about the mother should be scrupulously clean.

The prevalence of influenza, diphtheria, scarlet fever, etc., make it essential that great care should be exercised by the people of the home, lest the disease spread to other members of the family. Remember that in all infectious diseases the disinfectant must be in contact with the ejecta (be they intestinal, nasal, laryngeal, methral, or what not) for some length of time, in order to insure absolute

success. A little more than ordinary care in these matters will prevent the spread of many of our most infectious diseases.

DEATH. The question often presents itself, how to disinfect a home in which death from an infectious disease has occurred. In cases of a highly infectious disease, disinfection is an absolute necessity, and should be done as soon as possible. The reasons for this can be readily seen, when one remembers that the bedding, curtains, and carpets in the death-room are probably covered with countless germs of the disease. Hence the necessity of absolute disinfection. As soon as possible the house should be thoroughly aired. All bedding, sheets, towels, etc., which came in contact with the dead, should be burned or boiled for some time in soda solution.

Of course the walls and floors will be scrubbed with corrosive sublimate solution, paying particular attention to the crevices. This method of scrubbing the walls, floors, and ceilings is very tedious and not always successful. The draperies and furniture must also receive their proportion of the disinfecting process. Several methods of accomplishing this are in vogue.

The old, time-honored method of burning sulphur in the room is of some value, but is open to the objection that it bleaches the colors in the draperies and hence is not applicable to cases where such complete disinfection is necessary.

Of all the methods in use for general disinfection, the one taking advantage of the strong properties of formaldehyde is the best. This method is easy of application and has the advantage that it is absolutely sure, and does not harm the draperies, curtains, etc. It can be applied directly to the room in which disinfection is desired, and will accomplish its purpose with swiftness and precision.

This formaldehyde is a gas which, for disinfecting purposes, is easily obtained by heating ordinary wood alcohol in a properly constructed lamp, and allowing the fumes to escape into the room.

As this lamp is not found in all towns, one can obtain at the drug shops white tablets of the commercial "Parafarm," or Parafarmaldehyde, which on heating give off fumes of the formaldehyde.

In applying this powerful agent to the disinfection of a room or rooms, one simply places several of these tablets in a pan, and heats them, when fumes given off will completely disinfect the apartment in a comparatively short time.

It may be well to mention here that a forty-per-cent. solution of formaldehyde is sold in the market under the name of "Formalin." This has very powerful disinfecting properties, and can be used for a great variety of purposes.

**TO RECAPIT-
ULATE.** We found that sterilization, or disinfection, is accomplished by two general methods, first, by use of heat, and secondly, by use of chemicals.

The agents of most value in rendering infectious material harmless are (antiseptics):—

1. Heat.
2. Boiling in soda solution from one-fourth to one-half hour.
3. Chloride of lime.
4. Carbolic acid.
5. Corrosive sublimate.

For disinfection of a home :—

1. Formaldehyde.
2. Corrosive sublimate.
3. Sulphur.
4. Chlorine.

R. W. WEBSTER, M. D.



THE use of the bath as an institution, apart from an occasional immersion in rivers or the sea, is an exceedingly old custom. Homer mentions the bath as one of the first refreshments offered to a guest; thus, when Ulysses enters the palace of Circe, a bath is prepared for him, and he is anointed after it with costly perfumes. In later times rooms both public and private were built expressly for bathing, the public baths of the Greeks being mostly connected with the gymnasia.

**ROMAN
BATHS.**

The fullest details with respect to the bathing of the ancients apply to its luxurious development under the Romans. Their bathing establishments consisted of four main sections: the undressing room, with adjoining chamber in which the bathers were anointed; the cold room, with provision for a cold bath; a room heated moderately to serve as a preparation for the highest and lowest temperatures; and a sweating room, at one extremity of which was a vapor-bath and at the other an ordinary hot bath.

After going through the entire course, both the Greeks and the Romans made use of a scraper, either of horn or metal, to remove perspiration, oil, and other impurities from the skin. Connected with the bath were walks, covered race grounds, tennis courts, and gardens, the whole bath in the external and internal decorations being frequently on a palatial scale.

RUSSIAN BATHS. With respect to Russian baths, that commonly in use in Russia consists of a single hall built of wood, in the midst of which is a powerful metal oven covered with heated stones, and surrounded with broad benches on which the bathers take their places. Cold water is then poured upon the heated stones, and a thick, hot steam arises, which causes the perspiration to issue from the whole body. The bather is then whipped with wet birch rods, rubbed with soap, and washed with lukewarm and cold water. Of the latter some pailfuls are poured over his head, or else he leaps immediately after this sweating bath into a river or pond, or rolls in the snow.

TURKISH BATHS. The Turks by their religion are compelled to make repeated ablutions daily, and for this purpose there is in every city a public bath connected with a mosque. The favorite bath among them is a modification of the hot air sudorific bath of the ancients, introduced under the name of "Turkish" into almost every country in the world. A regular accompaniment of this bath, when properly given, is the operation known as "kneading," generally performed at the close of the sweating process after the final rubbing of the bather with soap, and consisting in a systematic pressing and squeezing of the whole body, stretching the limbs, and manipulating the joints as well as the fleshy and muscular parts. All of our large cities have public baths fitted up in very artistic style where both Turkish and plunge baths are given.

Besides the various kinds of water baths, with or without medication or natural mineral ingredients, there are also milk, oil, wine, earth, mud, electric, smoke, and gas baths; but these are as a rule only indulged after specific prescription.

BATHS IN THE HOME. Nearly every house or flat has its bath-tub or shower-bath. No general rules can be given for bathing; age and the state of health are all-important considerations in determining the kind of bath to be taken. A robust man or woman will find enjoyment and will be benefited by a cold bath before break-

fast. Such a bath hardens the flesh, and gives tone to the general system, but it is absolutely impracticable for a weaker person, and indeed might be injurious.

Generally speaking, the morning bath should be a cold one, while a hot bath should only be taken at bedtime. Cold contracts and hardens, heat expands and softens. It is essential that the bather retire immediately after a hot bath, or at least take the precaution to keep in a warm room and free from any drafts.

If a bath is taken at a time when the body is cold, it should be followed by a thorough rubbing with a coarse towel or brush. If taken when the body is hot and perspiring, as after heating exercise, it is best to rub well before the bath, and the temperature of the water at the commencement of the bath should not be lower than the temperature of the body. A bath should always be taken after perspiring freely, because impurities are brought to the surface by perspiration, and should be removed. The use of soap in the bath is an all-important factor. Only the purest soap should be used, and one which produces a profuse lather. This should be rubbed over the body, for the pores of the skin as well as the surface must be cleaned. If the water is hard, it may be softened by the addition of a few tablespoonfuls of ammonia or a little borax.

Always cover the body with cool water just before leaving the



CARE OF CHILDREN

ALL parents desire that their children shall be strong and well, and they are willing to undergo any sacrifice to attain this end. The difficulty almost invariably comes from not knowing what to do, and how to do it. To the mother belongs in a large measure the responsibility of maintaining the health of the children. She regulates their food, their clothing, and, to a great extent, their surroundings. It is upon these that their health depends.

CLIMATE. The climate has much to do with the health of children, and it is necessary to study the effects of changes of climate and seasons upon child life. The weather can not be changed; but proper feeding, suitable clothing, cleanliness, and fresh air will do much to make baby life more comfortable, to ward off sickness, and to prevent death in any weather. Heat kills off babies and young children, largely because it spoils their milk and other food quickly. Even breast milk, when the mother is overheated, may give the baby colic or "summer complaint." If a mother is very hot she should draw a teaspoonful or so from the breast before nursing her baby. If the breast has not been given for two hours or more it should be drawn off in the same way. And if the mother has been badly frightened, or very angry, or excited, it is not safe to give the breast at all; it should be drawn, and the milk thrown away.

**MOTHER'S
MILK FOR
BABIES.**

No sensible mother needs advice on this point. If she is fairly healthy, her breasts will give all the nourishment her child should have until it begins to cut its teeth — the sixth to eighth month. Up to this time it is a sin to give an infant one morsel of solid food of any kind, or anything but breast milk (if the mother is healthy), except water in very small quantity occasionally, *but never soon after nursing.*

Many infants are killed every year by bringing them to the table with the family and giving them a little bit of this, that, and the other — meat, vegetables, pie, pickles, etc., which the little stomach is not fitted for. They are “*killed*” just as surely, though not so quickly, as if they had been fed poison out of a drug-store.

When the baby that is fed this way sickens and dies it is called “diarrhea,” or “dysentery,” or “cholera infantum,” or “summer complaint,” or “teething,” or “convulsions,” or “brain fever.” But these are only names for the result of poisoning with unfit food.

Wait till the baby gets its teeth before you put food into its mouth that needs to be chewed.

**SUBSTITUTE
FOR
MOTHER'S
MILK.**

If the breast milk gives out, or becomes thin and watery, or if the mother has consumption or any other long-standing sickness, the baby must be put on the bottle and fed with cow's milk. Use only the best milk.

As soon as the milk is received, take what is to be used for the baby and “scald” it. *Don't let it boil.*

A good way is to set a pan of cold water on the stove, put the vessel containing baby's milk into this pan; just as soon as the water comes to a boil, take it off. This amounts to what is called “sterilizing” or “Pasteurizing” the milk. Add a pinch of baking soda to the hot milk — half a teaspoonful to a quart.

If the milk was sweet and had n't begun to “turn” when it was received, it will keep sweet for twenty-four hours or more after being treated this way, even in hot weather. But, of course, it should be kept in a close-covered vessel, or fruit jar, or stoppered bottle. Whatever it is kept in should be thoroughly scalded — cover, stopper, and all — before fresh milk is put in it.

If you have an ice-box or refrigerator to put the milk in, or can in any other way keep it from "turning," it is better to let it stand for about six hours, and then pour off the upper half for the baby's milk. This should then be "scalded" and soda added as before described. If you can't do this, a little cream should be added to the baby's milk, say one tablespoonful of cream to two or three of the milk.

To make this nearly like breast milk take two cups of water that has been boiled to each cup of milk, and add enough white sugar to make it as sweet as breast milk. If this mixture is too rich, the baby will throw it up in curds or lumps, or it will pass through the bowels in white flakes and shreds. If this happens, add more boiled water to the mixture until you find just what strength the baby's stomach will stand — what it can digest.

**ADD
BARLEY
WATER
TO MILK
WHEN BABY
IS A MONTH
OLD.**

When the baby is about a month old, barley water should be used instead of plain water. Put two tablespoonfuls of pearl barley in four cups of cold water; boil an hour or more—down to two cups; strain through a close cloth; add a pinch of salt, and sweeten with white sugar to breast-milk taste. Add this to a cup of "scalded" cow's milk treated as first described, and begin feeding this strength.

Gradually use more milk and less barley water, until at about six months of age the child is getting two-thirds milk and one-third barley water.

Next to healthy breast milk this will make as good food as the infant can get during teething and weaning. Then comes the pure milk,—always "scalded,"—bread and milk, baked potato and milk, oatmeal porridge—which can't be boiled too long, *never less than two hours*—and always eaten with milk, and the milk always "scalded," *not boiled*.

**DON'T
OVERFEED
THE BABY.**

Once in about two hours is often enough to suckle or feed a baby until it is four or five weeks old; after that do not feed so often.

When a baby is about six months old it will generally thrive best if fed only once during the night and four or five times regularly during the day. It is bad for a baby's stomach and bowels to feed it too often or too much at a time, especially in hot weather.

A new-born baby's stomach will hold from two to three tablespoonfuls, and not more than this amount — rather less — should be given at a time during the first week or so of a bottle-fed baby's life.

As the baby grows, the quantity should be gradually increased, so that at the end of the first month it may be taking about four tablespoonfuls at a meal. Some children will require more and others will not stand so much; *but there is more danger of giving too much at a time than too little.* Don't stick the nipple in the baby's mouth every time it cries. If the baby is properly fed at regular times it won't get hungry enough to make it cry, and it is foolish to feed it whenever it cries instead of trying to find out the trouble. It may be only thirsty, and a few drops of cold water — not a big drink — will stop it; or its clothes may be uncomfortable, or its napkin need changing.

Try to find out what makes it cry, and then use "mother wit."

**HOW TO
FEED
THE BABY.**

Use a plain common bottle for feeding, with a rubber nipple and no tube. Fancy nursing bottles, with long rubber tubes and patent contrivances, besides costing money, can't be cleaned easily, and babies don't do well with them in other ways. The more simple the bottle and the nipple, the better for the baby. The rubber-tube bottle is a device of the Evil One for lazy mothers. It's bad enough when a mother can't suckle her own infant at her own breast; let her at least take it in her arms, and hold the bottle, and "mother" it while it feeds.

Take the nipple off after each feeding, and wash both bottle and nipple with boiling hot water *at once*. Before using again rinse the bottle and nipple in clean water (about a quart of water) with half a teaspoonful of soda in it; or keep them in a pan of soda and water when not in use. More babies get "sore mouth" and "wind colic" and "summer complaint" for want of care of the nursing bottle than from any other one cause. A little stale milk around the neck of the bottle or in the nipple will set up a ferment which is poison to the delicate

lining of a baby's mouth and throat and stomach. Of course the baby's bottle-food should be warm — about the same as breast milk, or “blood heat;” that is, as warm as the inside of the mouth. Don't feed the baby with a spoon. Sucking is the natural way that a baby takes its food. It needs the sucking action of the lips and mouth and tongue to mix its food with the fluids of the mouth and to keep it from getting into the stomach too fast. Spoon feeding doesn't do this.

BABY'S BED. Do not let the baby sleep in the same bed with any other person. If there is no crib, the mother should put a couple of chairs at her bedside, with any sort of soft covering over them, — not feather pillows or hot woolen stuffs, — and let the baby sleep there. It will be more comfortable on a summer night than lying against the hot body of its mother, and will not be so apt to disturb or be disturbed.

The backs of the chairs will keep the baby from falling, and the mother can readily reach over to care for it when necessary.

CLEANLINESS, DRESS, AND FRESH AIR. Keep the baby clean, and it will stand the heat better. When the thermometer is at eighty to ninety in the shade, it is n't easy to keep the baby cool. But it can always be kept clean, and will then be more comfortable, and have a better chance of living through the hot weather. It should have at least one full bath every day, and oftener during extreme heat. Never bathe within one hour after feeding it. Bathe first; feed afterward.

Dress as lightly as possible. It will be better stark naked some hours a day during the hot weather when indoors. But keep it in the open air, out of the hot sun, as much as you can between sunrise and sunset. The outdoor air, even of a dirty street is fresher and better than the air in the house.

Fresh air is the breath of life in a baby's nostrils. Take it or send it to the parks, or open squares, or the lake shore as often as you can. In a changeable climate, care must be taken against sudden chilling. A thin, soft flannel binder, wound two or three times around the body,

will do more to guard against this chilling than the ordinary full dress of frock, vest, skirts, drawers, socks, etc.

This binder should be only wide enough to cover the belly an inch or so above the navel and a couple of inches below. It should be wound smooth and free from creases or folds, and fitted with a few stitches of darning cotton — not pins.

This binder and a napkin are all the dress a baby needs during the heat of the day in the house in summer.

THE SICK BABY. If, after all your care, the baby should fall sick, do not “pour drugs, of which you know nothing, into a body, of which you know less.” Call a doctor instead of spending money for patent medicines, “soothing syrups,” or “cure alls,” which will probably do your baby more harm than good.

GENERAL HINTS. Although this advice is more directly for babies during the first year of life, the sense of it applies quite as well to older children.

Don't overfeed them, and don't let them overfeed.

Don't give them rich food, meats, gravies, pastries, cake, etc., nor a great variety. The simpler and the plainer, the better,—plenty of milk, whole-wheat bread, oatmeal, baked potatoes, baked apples, and fruit of all kinds, in season, ripe and fresh. Roasts and stews and made dishes, and *pie* will come soon enough and so will dyspepsia.

Keep up the daily full bath until it becomes a fixed habit.

Keep them out in the open air as much as possible the whole year round, and send them into the country whenever you can do so, *but only to places where the water is pure.*

If a baby or child is worth having it's worth saving, and more than half the babies and young children that die every year could be saved by following the advice here given.

F. W. REILLY.



FROM the standpoint of health alone, no member of the household can afford to neglect the toilet. From the standpoint of appearance, the toilet determines to a great extent the different classes of people.

A proper regard for the teeth, nails, hair, and skin is essential to one who would gain favor either in society or business. Self-respect must demand a cleanly condition of the body, even if there were no other considerations.

The following articles and recipes have been carefully investigated and tested, and their absolute worth is not to be questioned.

ALMOND POWDER. Six pounds of bitter almonds, blanched, dried, and beaten. From them press out one pint of oil; beat the almonds in an iron mortar, passing the resultant powder through a sieve. It should be kept from air and moisture, preferably in a glass jar. A delicate and fragrant substitute for soap.

COLOGNE. Add to two quarts deodorized alcohol, one pint rose-water, one drachm neroli, one-fourth ounce jessamine, one drachm garden lavender, one ounce bergamot, five drops cinnamon, one-fourth ounce tincture of musk, one and one-half ounces tincture of benzoin.

VIOLET SCENT. Twelve drops genuine oil of rhodium dropped on a lump of sugar; this ground well in a glass mortar, and then mixed with three pounds of orris powder. The scent so produced will have a perfume very closely resembling a well-flavored violet.

LAVENDER WATER. Take a quart bottle; into it pour one pint rectified spirits and three drachms oil of lavender; after shaking well for some time, add an ounce each of rose-water and orange-flower water, four ounces distilled water, and if so desired, two or three drachms essence of musk.

CARBOLIC SALVE. One ounce lard, eight grains crystallized carbolic acid, one-quarter ounce simple cerate. Rub and work thoroughly together, putting in very small quantities of the acid at a time.

FRENCH ROUGE. Mix two ounces French chalk, one drachm oil of almonds, one-half drachm carmine.

QUININE TOOTH POWDER. Twelve drachms precipitated chalk, two drachms rose pink, one drachm carbonate of magnesia, six grains sulphate of quinine. Mix thoroughly, and pulverize. Keep in wooden boxes.

ALMOND PASTE. Beat into a powder one pound bitter almonds, two pounds sweet almonds, and two pounds loaf sugar. Add enough orange-water to form a paste. To be used in the place of soap.

CAMPBOR ICE. Two ounces camphor, one ounce spermaceti, and six ounces oil of sweet almonds melted together. When cool, cut into small cakes and wrap in tinfoil.

ORRIS TOOTH WASH. Mix thoroughly one ounce each alcohol and water, one-half ounce tincture of myrrh, eight ounces honey, one-half ounce tincture bark, and one ounce orris root.

This makes an excellent preparation for the teeth.

ALMOND BLOOM. One ounce Brazil dust boiled in three pints distilled water, strain, add two drachms cochineal, one ounce alum, six drachms isinglass, and eight drachms borax. After boiling again strain through a fine cloth.

CAMPBOR TABLET FOR CHAPPED HANDS. To melted tallow add a small amount of powdered camphor and glycerin. Scent with a few drops oil of almonds. Do not use until thoroughly chilled.

MILK OF ALMONDS FOR THE COMPLEXION. By means of the alternate use of boiling water and very cold water remove the skins from one-fourth pound of sweet almond meats. Mix with these in a bowl or mortar one-fourth ounce nice white or curd soap, rubbing to a fine pulp. Next add about a quart of rose-water until the mixture assumes a milky appearance; strain and bottle. Apply after washing by means of a cloth.

ROSE LIP SALVE. Melt together four ounces prepared mutton suet, two ounces spermaceti, and one and one-half ounces white wax. In eight ounces sweet almond oil steep a small quantity of alkanet root, strain, and add to the melted mixture. Scent with about twenty drops of otto.

CAMPBOR BALLS. Three drachms spermaceti, one ounce almond oil, four drachms white wax; melt and stir in three drachms camphor which has been previously powdered by moistening with a little spirits of wine; pour into small molds. These balls are intended for chapped hands, not moths.

FRECKLE OINTMENT. Dissolve one ounce Venice soap in one-half ounce lemon-juice; add one-fourth ounce deliquated oil of tartar and one-fourth ounce oil of bitter almonds. Place in the sun until the mixture acquires the consistency of cream. Add three drops oil of rhodium. Application: Wash the parts at night with elder-flower water, and then apply the ointment. In the morning remove the oil by washing thoroughly with rose-water.

PERFUMERY. Two drachms oil of lemon, one drachm oil of rosemary, three drachms oil of bergamot, fifteen drops oil of cinnamon, one drop bitter almonds, seven drops oil of cloves, five drops oil of orange, fifteen drops essence of musk. Add to five pints alcohol.

SHAMPOOING MIXTURE. Three ounces aqua ammonia, one-fourth ounce salts of tartar, two and one-half pints soft water, one-half ounce alcohol. Flavor with bergamot, and apply by rubbing on the head until the lather goes down, then wash out.

SHAMPOOING MIXTURE NO. 2. A simple, cheap, and serviceable mixture can be made as follows: One ounce salts of tartar dissolved in a quart of rain-water. Use sparingly, rubbing and working it thoroughly into the hair, rinse out with soft water, and dry the hair well with a coarse towel. As the natural oil has been saponified, it will be well to apply a little oil or pomatum.

CARE OF THE HAIR. Hair brushes and combs are often the means of transmitting dandruff and other scalp diseases. By cleaning frequently with a weak solution of ammonia and water, the danger of this will be materially lessened. If a simple and effective shampoo is desired, wash the hair with tar soap and hard water, rinse with cold water, wipe dry with a rough towel, and then rub the scalp thoroughly with a good cologne or "eau de quinine."

FRECKLE WASH. Mix well together one drachm muriatic acid, one-half teaspoonful spirits of lavender, and one-half pint rain-water. In using, apply two or three times a day to the freckles with a camel's-hair brush.

BLOOM OF ROSES. A simple preparation, in every respect equal to the best, can be made in the following manner: One paper Chinese vermilion; gum tragacanth dissolved in hot water; use this to make a paste with the vermilion; add one-half teaspoonful sweet oil. Mix this mass into a stiff paste, and heat until dry in a closed pot or cup. Apply with a flannel cloth.

VIOLET POWDER. Mix two and one-half pounds powdered orris roots, twelve pounds wheat starch, one-half ounce oil of lemon, two drachms oil of rose, one-fourth ounce bergamot.

CIRCASSIAN CREAM. Color one pint olive-oil by means of one-half ounce alkanet root. After straining, melt in the oil three ounces of white wax and two ounces spermaceti. When cool, scent with two and one-half drachms oil of lavender and one drachm essence of ambergris.

CHAPPED HANDS OR LIPS. Mix together in a clean earthen vessel, and heat gently three ounces sweet-oil (butter fresh from the churn and unsalted may be used if more convenient — same quantity), four ounces spermaceti, and one ounce pulverized camphor. Apply night and morning.

COLD CREAM. Melt together slowly four ounces white wax, and one pound oil of almonds; when partially cooled, scent with ten drops rose-water. For chapped hands, lips, rough skin, etc., this will be found invaluable. Keep in a small pot or metal box.

HAIR CURLING FLUID. Mix one drachm each gum arabic and sugar, dissolve in two ounces rose-water. Before retiring, moisten the hair with the solution, and roll in twists or paper.

FRECKLE LOTION. One-half pint distilled water, one-half drachm muriate of ammonia, two drachms lavender water. Use two or three times a day, applying with a sponge. Keep in tight-stoppered glass bottles.

HELIOTROPE SACHET. Mix thoroughly one ounce damask rose leaves, two ounces powdered orris root, one-fourth ounce vanilla bean, one-half ounce tonqua bean, one drop oil of bitter almonds, and eight grains dry musk. After sifting several times by passing through a sieve, put up in satin bags.

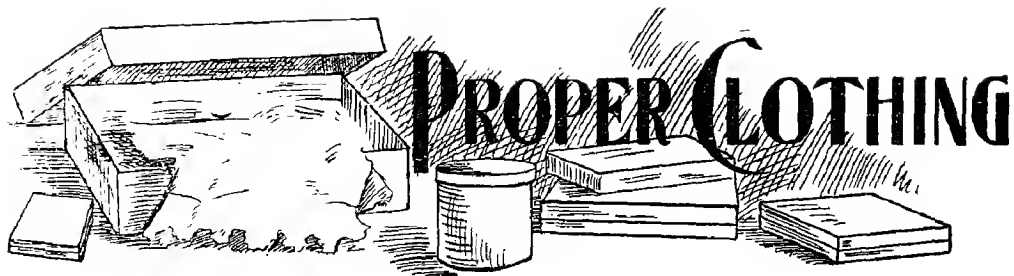
CARE OF THE TEETH. Upon arising, and again before retiring, the teeth should be brushed with a moderately stiff-bristled brush. If the bristles are too soft, they will not enter the crevices and remove the impurities, while a brush that is too stiff will cause the gums to bleed. Always wash the brush after using, and place in a position to dry quickly.

CHERRY TOOTH PASTE. Two ounces each honey, pumice, orris, and glycerin; four drachms myrrh; thirty minims oil of cloves; ninety minims essence of lemon; eight drops oil of rose; color with cochineal.

HOME-MADE TONIC. A very agreeable and excellent preparation for the hair, one that will stimulate its growth, soften it, and keep it dark and glossy, is made of ten ounces (ninety-five per cent.) alcohol; six ounces pure castor-oil; one drachm each oils of bergamot and lavender.

SAPONACEOUS PASTE. Two ounces precipitated chalk, one ounce each Castile soap and orris; ten minims each oil of sassafras and oil of bay; about three and one-fourth ounces honey.

DAMASK ROSE TOOTH PASTE. Three ounces each prepared chalk and orris, four drachms alum, three drachms each lavender, water, and cochineal, two drachms potassium bitartrate, ten minims each oils of cloves and rose, glycerin.



JUST what is the proper thing to wear at any particular time or occasion is not within the province of this chapter to discuss. Styles vary so frequently, and, in fact, are so different in the widely separated sections of the country, that it would be folly to attempt to put any suggestions whatever in permanent book form.

However, there are a few general principles underlying clothing, which are good for all time. The primary object of clothing is to retard the escape of the natural heat of the body. Unfortunately, this object has become subordinate to purposes of ornamentation and display.

Different fabrics possess various qualities which render them more or less adapted for the purposes of clothing at different seasons and under different circumstances. A brief discussion of the subject of clothing from this point of view will not be amiss.

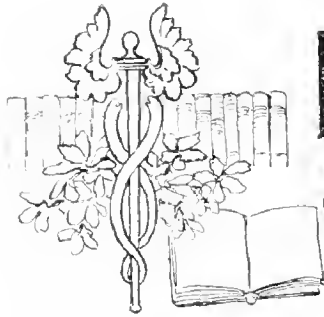
Wool is a non-conductor of heat, and hence is commonly employed to preserve the natural warmth of the body. It is open to objection for certain purposes on account of its roughness and its power of generating electricity by friction. These two qualities render it unsuitable for immediate contact with the skin.

In the selection of any material to be worn next the skin, whether it be woollen, cotton, or linen, care should be taken that it contains no injurious coloring material. The dyes which are now extensively employed for coloring underwear, often contain arsenic and other poisonous substances, as a result of which severe inflammation of the skin and even constitutional effects have occurred.

Another disadvantage in the wearing of flannels next the skin is the fact that they retain moisture, and offer a favorable condition for the development of vegetable parasites. The parasitic growth on the skin known as "liver spots" is observed with special frequency in those who wear flannel.

Cotton possesses to an unusual degree the power of absorbing the moisture; hence it is especially adapted for use as underclothing under circumstances which result in excessive perspiration. It is largely used as underwear in tropical regions.

Linen is softer and less irritating to the skin than cotton. It is, however, a good conductor of heat, and hence less adapted for preserving the warmth of the body.



HEALTH SUGGESTIONS & HOUSEHOLD REMEDIES

THE following remedies and suggestions have been in practical use for several years, and are thoroughly reliable. Nearly every household has one or more of these remedies in different forms, but a large and complete list is presented in this book for permanent reference.

FOR FEVER SORES. Put a teaspoonful of white vitriol, three teaspoonfuls of copperas, five teaspoonfuls of gunpowder, in an earthen or glass dish ; pour a quart of boiling water over them, stirring until cool. After it has settled, bottle the clear liquid. The sores should be washed with this three or four times daily. It is also good for cuts, fresh sores, etc.

ASTHMA INHALANT. Procure a wide-mouthed bottle, place in this an ounce of ether, four drachms each of oil of turpentine and benzoic acid, and two drachms of tolu balsam. Inhale direct from the bottle until breathing is easier.

SNUFF FOR COLDS. A good preparation for immediate and permanent relief is the following : One grain of menthol, four grains of cocaine hydrochlorate, two grains of sodium bicarbonate, three grains of magnesium carbonate (light), one and a half drachms of milk sugar.

HAY FEVER SNUFF. Mix thoroughly two grains of cocaine hydrochlorate, thirty grains of boric acid, and forty grains of sodium salicylate.

SPRAY FOR CATARRH. Dissolve in a pint of water twenty grains of carbolic acid, one drachm each of sodium borate and sodium bicarbonate; add an ounce each of glycerine and rose-water. Use in an atomizer.

CHILBLAINS. The itching common to inflammation, and sometimes long-continued sores arising from extreme exposure to the cold, can be relieved by an ointment consisting of two quarts of lard, one pint of turpentine, one-fourth pound of powdered camphor. Put up in tightly covered tin boxes.

STOUGHTON BITTERS. Steep one ounce of wild cherry bark, one ounce dried orange peel, one ounce bruised cardamon seeds, two ounces of gentian root, and three-fourths ounce of Peruvian bark, in a gallon of spirits for two or three weeks. Bottle and use. It is very good for dyspepsia, the dose being a tablespoonful three times a day in a little water.

ELECTRIC OIL. Dissolve an ounce of pulverized saltpeter in a pint of sweet oil. In this form it is an excellent remedy for inflammatory rheumatism.

BLACKBERRY ROOT. Four ounces of blackberry root, washed, cut fine, and bruised, and the same amount of the fruit, dried; two ounces of bayberry bark; an ounce each of crane's bill (geranium) root and cinnamon bark; one-half pound pulverized sugar; one-half ounce each gum myrrh, fennel seed, and cloves; one pint brandy or best rye whisky. Mix and bruise all of the articles except the sugar and one half of the pint of spirits; add three or four quarts

of soft water; simmer for six hours, strain and press out; boil down to a pint, adding the sugar while hot; when cold, add the other one-half pint of spirits. In cases of diarrhea, take a teaspoonful every hour, for two or three times, then once in three or four hours, as seems necessary. With children the dose should be from five to thirty drops, according to age; if five or six years old, a teaspoonful is none too much.

LIP SALVE. To an ounce each of white wax and spermaceti, add two ounces oil of lemon; when thoroughly mixed and while still warm, drop in two ounces of rose-water and one-half ounce of orange water.

Deeply cracked lips can be easily cured by this preparation.

TINCTURE FOR DIARRHEA. Mix one-fourth ounce tincture of capsicum, one-half ounce each of essence of cinnamon, laudanum, tincture of ginger, spirits of camphor, and one ounce tincture of rhubarb. Shake well before using. Take half a teaspoonful, on sugar or in sweetened water, and in severe cases repeat the dose every thirty minutes until relieved of pain; then every hour or two until evacuations are lessened and improved in appearance. Used with judgment, this is a very valuable medicine.

ITCH OINTMENT. Mix well with two ounces of lard, two ounces flowers of sulphur, two drachms each of pulverized white hellebore and sal-tartar, and twenty drops oil of lemon. Box for use.

SCALDS AND BURNS. To three-fourths pint of water add one drachm carbolic acid crystals, and two ounces each of spirits of turpentine and oil of pennyroyal. Saturate a cloth with this lotion, and apply to the burnt surface, keeping the cloth well moistened. It is a good idea to exclude the air more effectually by covering this with cotton batting.

VERDIGRIS SALVE. Beeswax, tallow, rosin, lard, an ounce of each; melt, and then take from the fire and add one ounce each of oil of spike, olive oil, and oil of amber. Just before congelation, add an ounce of well-pulverized verdigris.

FOR WEAK EYES. Pour four ounces of hot, distilled water upon a drachm of sulphate of zinc and three drachms of spirits of camphor. Use a closed vessel, and when cold, strain, and add eight ounces of rose-water. When the weakness of the eyes is caused by debility of the optic nerves, as in the case of elderly people, this wash will be found very valuable. Use night and morning.

CORN SOLVENT. Powder together two ounces of potash and one ounce salts of sorrel. Bind a small quantity on the corn for four or five successive nights.

PILLS FOR A HEADACHE. Forty grains of rhubarb, one and one-half drachms of castile soap, and enough syrup of ginger to make twenty pills. Take two or three at a time.

LINIMENT FOR BRUISES. Mix well two ounces of sweet-oil, an ounce aqua ammonia, three-fourths ounce spirits of turpentine, one-half ounce spirits of camphor. This mixture is very good for mild rheumatic pains, as well as bruises.

COUGH BALSAM. Best alcohol, two ounces; strained honey, one-half pound; oil of anise, oil of sweet almonds, and balsam of fir, one-fourth ounce each; laudanum, tinctures of ipecac, digitalis, and lobelia, and tincture of balsam of Peru, one ounce each; tincture of blood-root and balsam of tolu, two ounces each. The alcohol should be in a large bottle, and as the oils and fir are added, the whole should be well shaken to cut the fir. After adding the honey and tinctures it should be shaken again. Take a teaspoonful three to six times a day, as seems necessary.

FIG PASTE. Stew until thoroughly mixed and firm, one pound of figs cut up small, two ounces of senna carefully picked over, and one teacupful of molasses. Ready for use as soon as cool. Take in quantities half the size of a fig.

BLOOD PURIFIER. Pulverize separately eight ounces each of white sugar, rice, and starch, four ounces ground senna, and six ounces ground sarsaparilla. Mix well together. Take a tablespoonful three times a day.

WHOOPIING COUGH TAFFY. A piece of butter the size of a walnut, a pound of treacle, one-half pound of moist sugar, a teaspoonful of ginger, lemon peel, or oil of peppermint, one-half a teaspoonful of jalap. Boil until it will set firm in cold water. It takes a long time to boil, and must be stirred almost constantly.

FOR DYSENTERY. To four tablespoonfuls of boiling water add two tablespoonfuls elixir salutaris, and one tablespoonful each of castor oil and loaf sugar. Skim and drink hot. For small children, one half of this quantity; for babies, one quarter will be enough.

PAIN-KILLER. Into a wide-mouthed bottle put five tablespoonfuls of cayenne pepper, ground, a small piece of camphor, and one-half pint of alcohol. Cork, and let it stand for about two weeks. Can be used either externally or internally.

SOOTHING SYRUP. A tablespoonful of paregoric, the same amount of oil of anise, one-half pound of honey, enough water to make a thick syrup. To children who are teething, give a tablespoonful occasionally.

ARNICA. Add a tablespoonful of tincture of arnica to one-half pint of sweet oil; heat over a slow fire. Excellent for stiff joints, wounds, and rheumatism.

**FOR
EARACHE.** One or two drops of a mixture of equal parts of best balsam-copaiba and French brandy, warmed, and dropped into the ear three times a day will relieve the most obstinate of aches.

**DANDELION
TONIC.** Upon the roots and leaves of several dandelion plants pour a pint of boiling water. Cover while cooling. Drink a teacupful every night and morning.

**FOR FROST
BITES.** Apply to the frosted surface, as soon as possible, the following liniment: one half an ounce each of spirits of camphor and tinctures of opium and cantharides.

RINGWORMS. One drachm prepared calomel, one-half drachm finely powdered subacetate of copper, one ounce spermaceti ointment. Mix well together, and rub every night and morning upon the affected parts.

**RHUBARB
WINE.** Two pints Spanish white wine, two and one-half ounces sliced rhubarb, one-half ounce cardamon seeds, bruised and husked, two drachms saffron, one-half pint proof spirits. Strain after standing for ten days. In doses of one half to three or four teaspoonfuls it acts as a warm, cordial laxative.

**COUGH
PLASTERS.** Melt together a pound of Burgundy pitch, two ounces each of yellow rosin and yellow wax. Add eight ounces of laudanum and then one-half ounce expressed oil of mace. Apply over the breast-bone in the case of a long-continued cough in the winter,

LIP SALVE. Melt together three-fourths ounce spermaceti and one ounce oil of sweet almonds. When cooling, flavor with any essence you desire.

FOR BURNS. Shake well together equal parts of olive oil, lime water, and linseed oil.



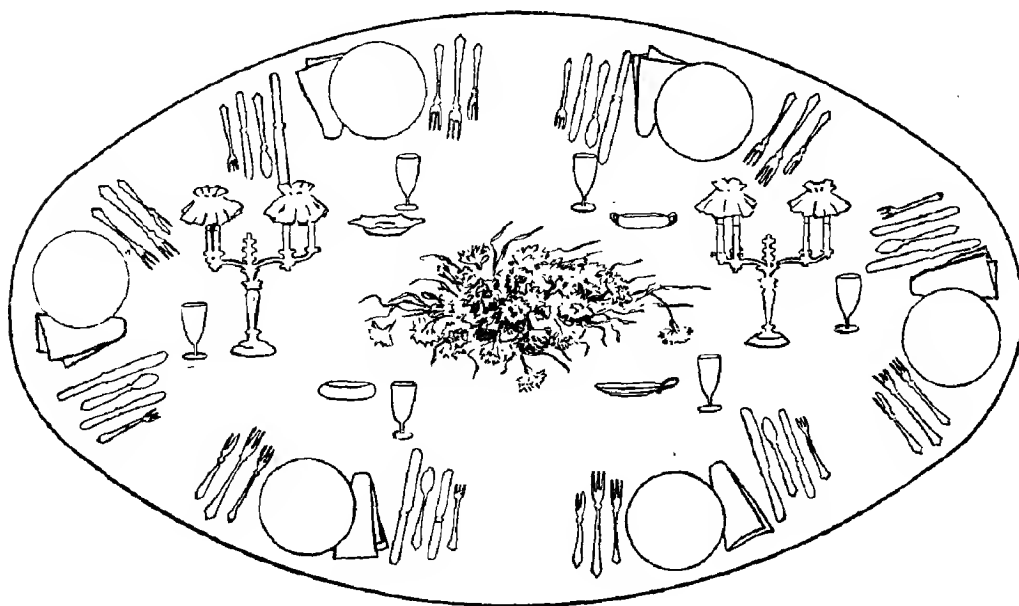
DINNER GIVING

THE art of dinner giving begins with the selection of the guests and ends when those guests have been delightfully entertained. For this reason, if for no other, great care and tact is necessary in the selection of those who are to sit at your table.

SELECTION OF GUESTS. The one thing desirable is that each individual may bring to mind your dinner as a particularly enjoyable affair and without marring incident. So being sure that the personnel of the party offers no likelihood of discord, the next thing to plan is where to seat each one with best effect. One would hardly place the wits all in a row, fearful that they might bombard the other side away from the table. The seats of honor, those at either hand of the host and hostess, are superior locations for the brilliant members of the party. The dry and silent guest will do at the middle of either side and will be expected to be an approving listener if unable to take large part in the general conversation. Avoid, by all means, having present the person who talks too much, no matter how witty or profound.

HOW MANY TO INVITE. Large functions are seldom successful except from the standpoint of the culinary department. The small dinner with its seven or ten people drawn together for the purpose of entertaining each other as well as partaking of the good things is more enjoyable. If one must have a large dinner-party com-

posed of outside friends and their friends together with a sprinkling of relatives, it seems absolutely essential that a few leading spirits should be invited who will take the initiative and make amends for the usual timidity and aversion toward being drawn out that will certainly actuate a majority of those attending any large affairs of the kind. When the dinner is a strictly family affair, one has no choice but to be politic and see that no one is slighted. However one may plan and wish, there is no chance for the enjoyment from a large dinner that is almost assured when the number to be present is kept down to ten.



A MODEL TABLE.

**LAYING
THE TABLE.**

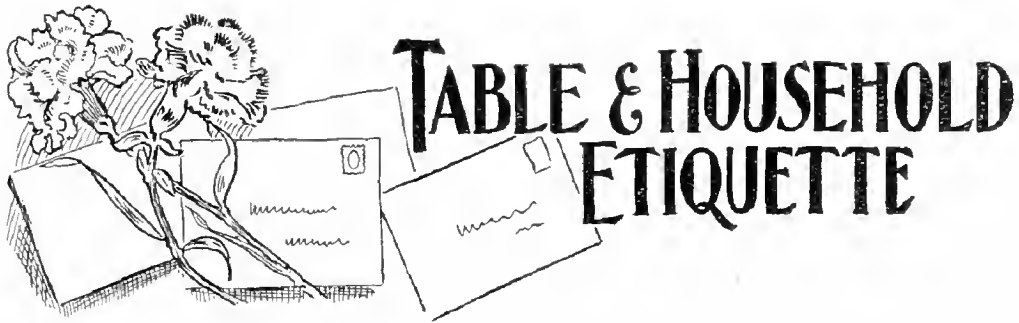
Fine white damask cloth and napkins are true earmarks of elegance. Anything else, even the satin and lace effects that characterize some large functions, where immense sums are to be squandered in both service and repast, is open to the criticism of being tawdry and shoddy. The damask should be of good quality in order that it may not appear cheap and coarse, and it should be underlaid with a felt spread. Hand-worked centerpieces and doilies are acceptable adornments, if properly contrasted. The bowl of flowers should occupy the centerpiece, and, mind you, it is a bowl, not a tall vase, that should be used. Vegetables are not to be served

from large dishes, so the doilies give place for the pretty glass dishes of salted almonds, radishes, bonbons, and the like, and these may be placed upon the board in positions that will prove most effective from a decorative view. Laying the knives and forks will vary with the seasons, the number of guests, and according to what is to be served. It is customary to lay a fork to the left and a knife to the right of each plate, for each course to be served, and the soup spoon is placed to the right of the knives. The bread straws are laid upon the napkin, which also lies at the right of the plate. A wine-glass for each wine course completes the articles required around each plate. It is never wise to crowd the table with extra ware. Simplicity is the richest in effect. Do not use colored glassware. Individual salt and pepper bottles are permissible, and the use of individual butter plates is optional.

TABLE DECORATION. In planning a dinner, select some scheme of color and have everything on the table conform to it as nearly as possible. Should the china be white or some neutral tint, this problem is solved. In this day, when it is usual to have different styles for different courses, so that of fish, game, salad, dessert, and fruit plates, there are no two sets alike, it is hard to have a close adherence to any one hue. At least, however, bonbons, cakes, candles, and flowers may be of the prevailing tint, so that the first impression given by the table when the guests enter the room may strike the color-note of the repast. Yellow lights up brilliantly, and combines well with almost any other tint. This color calls for daffodils or golden tulips in the center bowl. Pink is another shade that decorates well, and flowers, candles, and sweets of this or of a darker red are not difficult to obtain at any season of the year. Fill your center bowl with roses or carnations or pink and white tulips.

SERVING THE WINE. When there are three wines, sherry is served with the soup, champagne follows, and the claret does not appear until the roast or game is brought on. When there is but one kind of wine provided, it is not poured until after the soup has been served, and if champagne is the selection, it may be drunk all

through the dinner. A cordial after the coffee is good form and in high favor. Crème de menthe served in any but champagne glasses, filled with finely chopped ice, and a straw to sip with, is delicious, and will generally suit all.



ETIQUETTE is a comprehensive term, for it embraces not only all observances connected with social interests, but such as belong particularly to the home circle. To obtain fireside comforts and home-born enjoyments and happiness, something more is required than a handsome house, a beautiful lawn, shade-trees, and a garden filled with flowers and arrayed in the most artistic order. Family bickerings and strife, a lack of politeness and etiquette, would turn the loveliest Eden into a barren waste. It will avail little to furnish the home with the finest furniture, and to cultivate the grounds with the utmost skill, if the hearts and minds of the occupants are uncultivated, rough, uncouth, and uncivil.

Children and servants are greatly influenced by the demeanor of master and mistress of the house. A generous-minded boy will never forget the unkind and taunting words which he has heard an irritable and ill-governed father address to his dearly loved mother; nor will either girls or boys forget similar breaches of politeness and good-breeding by their mother toward the father. It is not uncommon to see a father who is a model of courtesy in his actions toward those who are not members of his own family, but who assumes the conduct of a bear in his conduct toward his own children. Nothing is more dispicable than this. It has been said that good manners are too often a cloak that is flung aside like a burden, as soon as the threshold of home is crossed. Yet, surely there is not a spot on earth, where kindness and consideration for others — the foundation of etiquette — are better displayed or more appreciated.

The following brief and general rules, if observed, will do much to conserve the comfort of the household : —

Do not find fault: Half of us find fault from habit ; but some of us, we fear, do so from an inborn ugliness of disposition.

Have patience : Truly, we have need of patience ! and in the family circle it is one of the brightest virtues.

Be as courteous in the family circle as when among strangers.

A love of truth, a high sense of honor, delicacy of manner, and strict adherence to correct principles, are the chief essentials of home etiquette.

Habitual inattention is sometimes attributed to great genius. but we can not indorse that idea.

Free and easy manners are too prevalent. It is not our purpose to particularize all the little trifles in which even well-bred persons sometimes fall short. But we will remark that nothing can be more adverse to good manners than the habit of sitting with the hat on in the house — be it in the parlor, dining-room, kitchen, store, or office; or than yawning and whispering in company, lounging upon the chairs by tipping them back upon two legs; taking the best seats in the room, and keeping them when your elders enter; or standing with the back to an open fire, when other persons are near it.

Negligence and carelessness with regard to the little amenities of life are the fruitful source of much domestic unhappiness. “ Good manners are to the family what good morals are to society,—their cement and their security.”

**ETIQUETTE
OF THE
TABLE.**

There are those who seem to think that if one has enough food to satisfy the cravings of his appetite, it matters little how it is served. They are inclined to treat all suggestions in regard to table etiquette, and other dietetic refinements, as mere frivolous affectations, by which those who are rich and stylish endeavor to place themselves above those who are poor and lowly. This is an erroneous view. A table can be set with grace and elegance as expeditiously, and with no more expense, than if the dishes are thrown on, as it were, without any regard to symmetry or form.

Ill nature is the parent of ill manners, and nowhere does it exhibit its repulsiveness more hideously than at the table. The demeanor at the table betokens the lady or gentleman; and the conduct of children also exemplifies with unerring certainty the character of their home training.

The following brief rules should be practised three times a day : —

Do not eat rapidly, and never eat with a knife.

Do not cut up the food in small pieces on the plate.

Do not sup soup noisily, nor from the end of the spoon.

Never grasp the blade of the knife; hold it by the handle.

Do not leave a spoon in a teacup.

Never pour tea or coffee into a saucer to cool, nor drink from a saucer.

Do not put food on the back of the fork.

Never tip the plate to obtain the last remnant of the soup.

Do not put potato-skins, fruit parings, nor any waste matter on the table-cloth.

Never bite mouthfuls from bread; always break it.

Do not hesitate to take the last piece of any dish that may be offered to you. It is presumed that there is more.

Never fasten a napkin at the neck, nor tuck it into a button-hole. Lay it in the lap.

Do not leave the table until the meal is over.

Do not read if others are at the table with you.

Never play with fork, spoon, or any other article.

Use a fork to eat vegetables, not a spoon.

Be careful not to take large mouthfuls nor to eat too heartily. Health demands that you eat slowly. Good manners and health go hand in hand.

Wipe the lips before drinking, so as not to soil the glass.

Spread the napkin over the knee, hold the fork with the handle in the hollow of the left hand. When it is used in the right hand have the prongs upward, holding it between the thumb and finger.

Do not bend over the plate, drooping the head too low, thrusting the elbows out, or sitting with the back turned toward the person in the next chair.

FIVE O'CLOCK TEA. One of the most informal entertainments given is a five o'clock tea. The difference between this function and an afternoon reception is principally in the name, though the latter is perhaps a little more formal.

Only the simplest refreshments should be served at an afternoon tea. These include thin sandwiches, fancy cakes, tea, coffee, or chocolate, ice-cream, and bouillon. Punch and lemonade may be added, also salted almonds, candies, and other dainty trifles. Care should be taken to have the refreshments of the best quality. It is the duty of the hostess to see that every one is served. The more cordial the hostess the more successful the occasion. Formality is out of place on an informal occasion.



"It is a condition which confronts us — not a theory."

THE first requisite of good carving is some knowledge of the relative position of bones, joints, fat, tough and tender muscles. It is easy enough for any one to hew down a mass of solid meat, but it is quite another matter to attempt to carve a roast, fowl, or game with the bones still in them. If one understands the anatomy of the joint, or bird, and the direction in which the muscular fibers run, half the work is done. Secondary requisites are a cool head, control of one's temper, a sharp knife, a seat high enough to bring the elbows even with the top of the table, plenty of room, and a dish of sufficient size to hold not only the meat to be carved but also the slices as they are detached. Thus prepared, the chances of a scientific, rapid, and graceful piece of work are much in favor of the carver.

KNIFE. The knife is an important element in carving, and it is well to have special knives for various meats. For roast beef and other large joints, a long, broad-bladed knife should be used, while for poultry and small joints a smaller and narrow-bladed knife is preferable. The knife should be carefully examined and sharpened on a steel before it is brought to the table. In using a steel, hold the knife at an angle of twenty to twenty-five degrees on it. Be careful to have the angle the same on both sides, so as to sharpen instead of dulling the knife. Draw it on the steel from heel to point against the edge; only a very slight pressure is required.

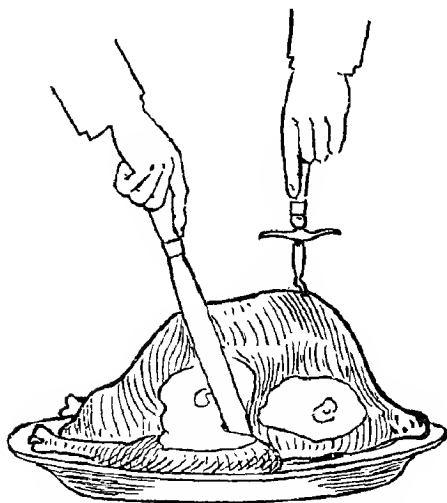
With these few general hints, we will turn to the specific directions for carving.

**ROAST
TURKEY.**

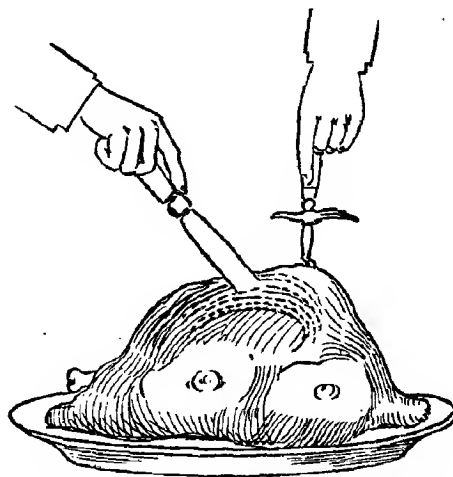
First place the fork in the breast of the turkey, as shown in the illustration, No. 1, one prong being on each side of the breast-bone.

Grasp the handle of the fork in the left hand, and laying the flat of the knife held in the right hand parallel with, and close to, the neck, just above where the left wing joins the body, cut downward, reaching the joint. A slight pressure severs the cartilage, and a single sweep of the knife removes the wing.

To remove the left leg and second joint, put the knife into the flesh which holds the second joint, cut downward to the point of the junction



NO. 1. REMOVING THE LEG AND WING.



NO. 2. SLICING OFF THE BREAST.

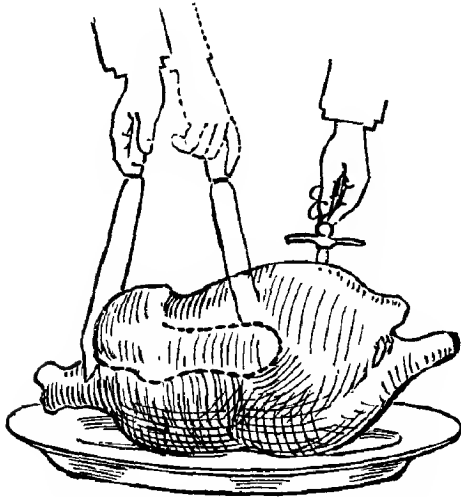
of the second joint with the carcass. Then place the knife between the leg and the carcass, making a downward sweep to where the second joint connects with the carcass. A gentle pressure with the point of the knife then causes the leg and second joint to drop into the dish, as shown in illustration No. 1.

The breast is sliced off as shown in illustration No. 2. The dotted lines show where to cut the slices, which should be parallel to the breast-bone, and cut wide and long, and not too thin.

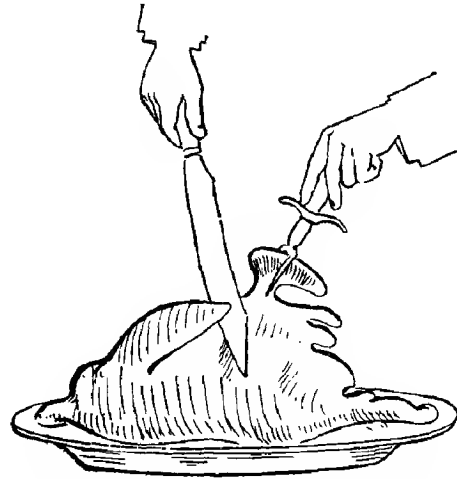
To cut out the oyster bone, place the flat of the knife against the vertebræ connecting the "Pope's nose" with the carcass, and press the edge in the direction of the neck of the bird. When the knife

reaches the place indicated by the dotted line in illustration No. 3, turn the blade, and the leverage causes the oyster bone to fall into the plate. After removing the oyster bone, turn the platter, and remove from the right side the wing, leg, breast, and oyster bone in the same manner as on the left side.

To remove the wish-bone, place the flat of the knife against the breast-bone, as shown in illustration No. 4, next the wish-bone, and keeping it pressed against the carcass, sweep it toward the neck. This removes the wish-bone. The two remaining bones to be removed are the "Pope's nose," the two bones to which the wings are articulated,



NO 3. CUTTING OFF THE OYSTER BONE.



NO. 4. CUTTING OUT THE WISH-BONE.

and the breast-bone. The latter is removed last of all, because the fork is never taken out of its original position in the breast-bone until the bone is separated from the carcass.

ROAST CHICKEN.

The directions for carving a roast turkey will answer in general for a roast chicken, except that the legs are not divided into so many parts on account of their smaller sizes. Another way of carving a chicken is to divide it into joints. The first thing to do is to remove the legs, side-bones, "Pope's nose," and the first two joints only of the wings. From this joint cut straight

down to the end of the breast-bone, separate the two long pieces from the shoulder-bone, and any ligaments that may hold them. Separate the breast-bone from the back, and cut it in two a little below the point where the wish-bone comes. This method is more difficult for the beginner, and it is also more difficult to eat than when the meat is cut from the bones.

ROAST DUCK. Place the duck in the platter with the head at the left.

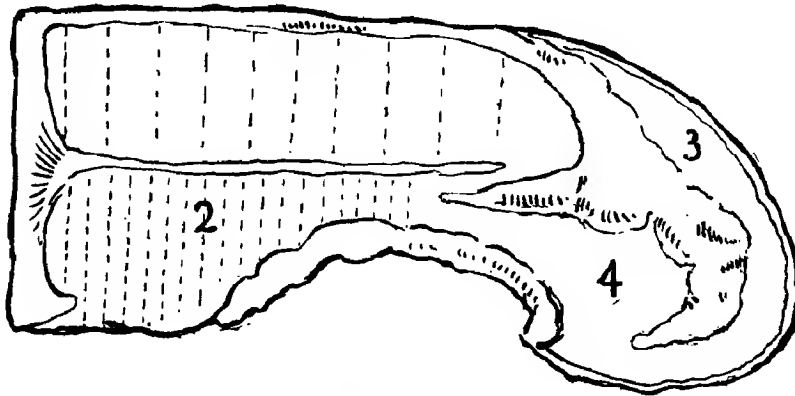
Insert the fork firmly across the ridge of the breast-bone. Beginning at the wing, cut down to the bone in long, thin slices, and parallel with the breast-bone; then remove them from the bone. The breast is considered the favorite portion; in fact, there is little meat except on the breast. The rest of the bird is seldom cut up.

**ROAST
GOOSE.**

Place the goose in the same position, and carve in the same way as a duck. Many books give the same directions for carving a goose as for a turkey, but the carver will soon come to grief if he attempts it. Begin at the wing and cut down through the meat to the bone, the whole length of the breast. Cut down thus until you reach the ridge of the breast-bone. Then cut the slices from the bone. Cut the other side of the breast in the same manner. Cut off the wing at the joint, tip the body over slightly, and cut off the leg. The wish-bone, shoulder-blade, and collar-bone may be removed in the same manner as the same parts are carved from a turkey. Geese, like ducks, are seldom entirely cut up at the table, as there is very little meat on the back.

BEEFSTEAK. The various kinds of steak cut from beef include short steak, porterhouse, sirloin (hip-bone, flat-bone, round-bone), round steak, rib steak, cross-rib steak, and shoulder steak. While it seems comparatively easy to carve steak, yet it is one of the meats that are most often poorly carved. A porterhouse steak in particular requires special skill. Many think it economy to remove the bone, separating the sirloin or top, as in the accompanying illustration,

from the tenderloin, while others insist that it should be left in to keep the steak in shape. At any rate trim off all surplus fat before broiling. If the meat is served with the bone in, first separate both pieces

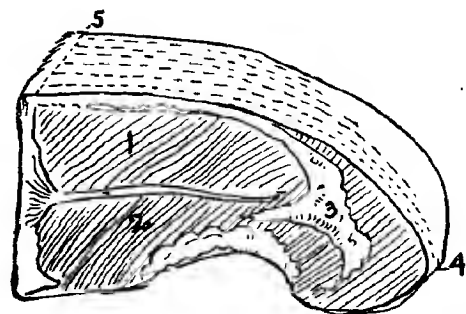


PORTERHOUSE STEAK.

of meat from the bone, cut the sirloin into strips an inch and a half wide, and across the grain; cut the tenderloin in the same manner, and serve to each guest a piece of each.

Large rump-steaks or round steaks should always be carved across grain into narrow strips.

ROAST RIBS OF BEEF. Place the ribs on the platter with the thickest part to the left. Slip the knife between the ribs and the meat. Then cut thin slices from left to right, lengthwise of the roast.

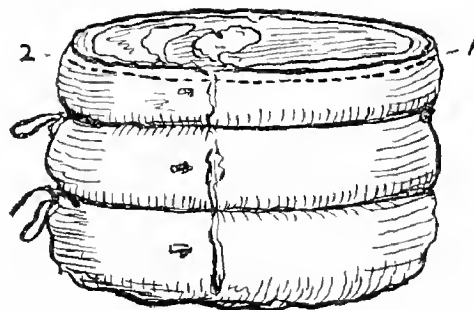


SIRLOIN OF BEEF.

SIRLOIN OF BEEF. In carving sirloin of beef, first cut close to the backbone on the line beginning with 5 in the accompanying illustration. Cut down to the spine, and slip the knife between the spine and the meat. Then cut thin slices along the dotted lines. A small piece of the crisp fat may be served with each plate.

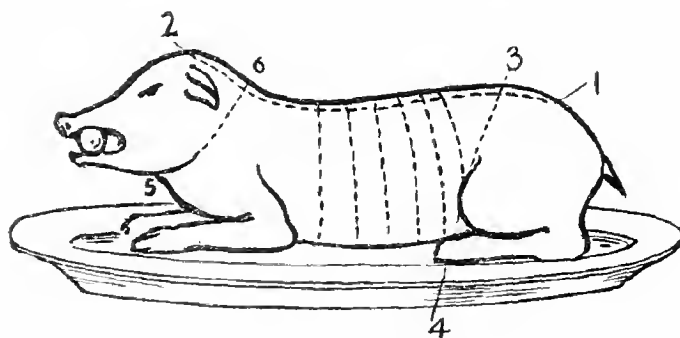
ROLLED RIBS OF BEEF.

Rolled ribs of beef, like a round of beef, requires a sharp, broad-bladed knife. There are no bones or joints, and the art of carving it consists in cutting neat thin slices the full thickness of the roast. Note the dotted line 1-2 in accompanying illustration.



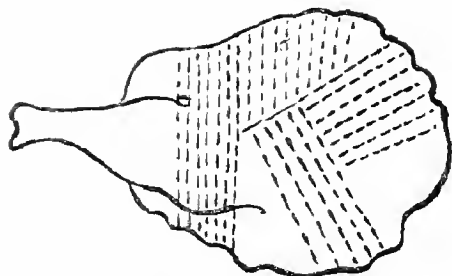
ROLLED RIBS OF BEEF.

ROAST PIG. Place the pig on a large platter with the head to the left hand. First cut off the head on the dotted line 6-5, and split it in two, and place half of a head at each end of the platter. Split the body down the back, and place the parts on the dish, crack-



ROAST PIG.

ling side up. Cut off the fore legs with blade attached. Then cut off the hind legs, and divide the ribs, arranging the meat as neatly as possible on the dish. A small baked apple should be served to each guest.



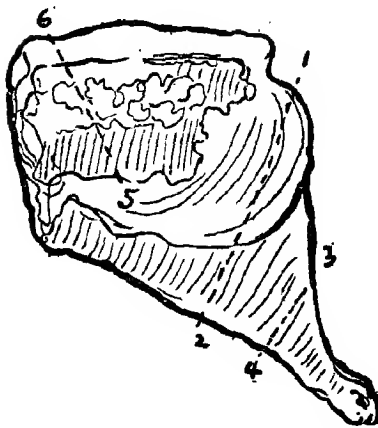
SHOULDER OF MUTTON.

SHOULDER OF MUTTON. First place the shoulder on edge, and cut slices from the top edge. These first slices are mostly fat, and pieces of them should be served with the lean. Cut thin

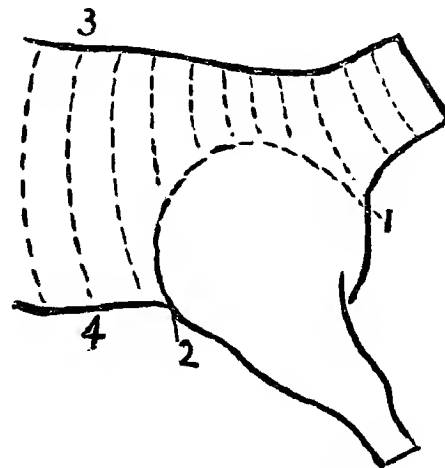
slices from the part above the knuckle and down to it. Then place the joint flat on the platter, and slice from both sides of the blade-bone. After removing this bone, cut up the remainder, being careful to cut across the grain.

LEG OF MUTTON.

One of the important points in carving mutton is to carve it rapidly, so that it may be served hot. Place a leg of mutton upon the platter in the position as shown in the accompanying illustration. First cut along the line 1-2, just touching the hip-bone. Cut thin slices a quarter of an inch thick down to the line 3-4. From this line to the knuckle the meat will be well done, while the first slices cut will be quite rare. When one side is carved, turn and proceed in the same manner on the other. Cut some thin slices of crisp fat from 5. Serve a piece of this with each slice of lean meat.



LEG OF MUTTON.



FORE QUARTER OF LAMB.

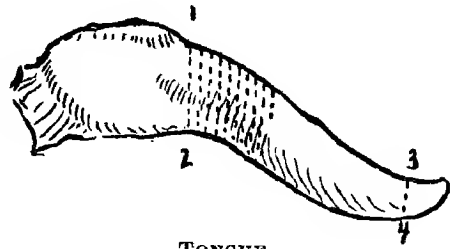
FORE QUARTER OF LAMB.

In carving a fore quarter of lamb first cut off the shoulder, following the curved line 1-2. Then carve the shoulder as directed on the preceding page for shoulder of mutton, and separate the ribs into chops. Even the neck of lamb is served. Carve as indicated by the line in the accompanying illustration,

LEG OF VEAL. Carving a leg of veal presents no difficulties. The hip-bone should be removed before the leg is cooked.

Place the joint upon the platter with the thicker end to the right. Carve slices from the thickest side of the leg-bone first, and then from the other side. This will keep the face of the joint nearly even.

TONGUE. The tip of the tongue is not so juicy as the thicker part, and therefore should be carved first. If left a day or two, it will dry up and become practically indigestible. Trim off the ragged thick end, and remove the little bones. Slice as thin as possible, beginning at 3-4. Serve a slice of the thick part and a slice of the tip to each guest.





Like hungry guests a sitting audience looks;
 Plays are like suppers; poets are the cooks.
 The founder's you; the table is this place;
 The carver's we; the prologue is the grace.
 Each act, a course; each scene, a different dish;
 Though we're in Lent, I doubt you're still for flesh.
 Satire's the sauce, high-seasoned, sharp, and rough;
 Kind masks and beaux, I hope you're pepper-proof.
 Wit is the wine; but 'tis so scarce, the true
 Poets, like vintners, balderdash and brew.
 Your surly scenes, where rant and bloodshed join,
 Are butcher's meat; a battle's a sirloin.
 Your scenes of love, so flowing, soft, and chaste,
 Are water-gruel, without salt or taste.

ONE of the most frequent questions asked by housekeepers is, "What shall we have for dinner? or lunch? or breakfast?" The following special menus have been prepared with a view to answering these questions in all seasons of the year. We have not attempted to give elaborate multi-course dinners or special lunches, but only those that will be within the reach of the average household at all times. These menus have also been prepared with another idea in view; namely, that of affording the variety which the latest scientific investigations in dietetics have shown to be necessary for the best nourishment of the human body. The first menus presented herewith have been contributed by three prominent restaurants in the city of Chicago, and include an English breakfast, a Dutch lunch, and a French dinner. The first is from Mr. Wm. Boyle's English Chop House, the Dutch lunch is from the Bismarck Restaurant, and the French dinner is from De Jonghe's Restaurant Français.

SPECIAL MENUS.

ENGLISH BREAKFAST.	English Chops broiled with a Kidney.
	Steamed Muffins.
	Grilled Potatoes.
	Strong Coffee.
<i>Wm. Boyle's English Chop House, Chicago.</i>	
DUTCH LUNCH.	Astrachan Caviar (Astrakan Caviar).
	Wild-Suppe (Game Soup).
	Forellen, blau (Blue Trout).
	mit Holländischer Tunke (with Hollandaise Sauce).
	Haselhuehner mit Erdmorcheln (Truffled Grouse).
	Gebachenes Kalbsgehirn (Fried Calves' Brains)
	mit Goldapfelmus (with Apple Sauce).
	Truthahn (Turkey).
	Preisselbeeren (Cranberries).
	Gruener Salat (Salad of Greens).
	Kalter Reis-Pudding (Cold Rice Pudding)
	mit Pfirsichen (with Peaches).
	Kaese (Cheese).
	Verschiedenes Backwerk (Assorted Cakes)
	Fruechte (Fruit).
	Kaffee (Coffee).

The Bismarck Restaurant, Chicago.

FRENCH DINNER.	Huîtres en Coquille (Oyster on half-shell).
	Céleri (Celery).
	Olives.
	Escargots (Snails).
	Tortue Verte (Green Turtle).
	Saumon Bouilli, Sauce Crevette (Boiled Salmon, Shrimp Sauce).
	Dinde (Turkey).
	Filet de Bœuf (Fillet of Beef).
	Spaghetti à l' Italienne (Spaghetti, Italian style).
	Cardon, à la Moelle (Shrimps with marrow).
	Sorbet (Sherbet).
	Punch.
	Caille sur Canapé (Quail on Toast).
	Salade (Salad).
	Plum Pudding, Sauce au Rhum (Plum Pudding with rum sauce).
	Fromage (Cheese).
	Crackers.
	Gateaux (Cakes).
	Café (Coffee).

De Jonghe's Restaurant Français, Chicago.

BREAKFAST MENUS.

Broiled Ham.	Bananas. Oatmeal with Sugar and Cream. Creamed Potatoes. Coffee.	Muffins.
Stewed Beef Kidney.	Stewed Peaches. Corn-meal Mush with Cream. Crisp Potatoes. Buttered Toast and Coffee.	Pop-overs.
Codfish Balls.	Oranges. Vitos with Sugar and Cream. Lyonnaise Potatoes. Coffee.	Graham Gems.
Beefsteak.	Watermelon. Toasted Wheat with Sugar and Cream. French Fried Potatoes. Coffee.	Corn Cake.
Fried Pork Chops.	Blackberries. Cereal with Fruit. Saratoga Chips. Waffles. Coffee.	Raised Biscuits.
Broiled Halibut.	Raspberries. Cracked Wheat with Sugar and Cream. Potato Cakes. Cream Toast. Coffee.	Sliced Tomatoes.

SPECIAL MENUS.

	Sliced Pears.	
	Hominy with Sugar and Cream.	
Corned Beef Hash.	Poached Eggs on Toast.	Sliced Cucumbers.
	Coffee.	

	Grape Fruit.	
	Shredded Wheat Biscuit.	
Warmed-over Lamb.	New Potatoes with Cream.	Rye Muffins.
	Buckwheat Cakes with Maple Syrup.	
	Coffee.	

	Fresh Cherries.	
	Graham Mush with Maple Syrup.	
Dried Smoked Beef in Cream.	Hashed Brown Potatoes.	Rice Muffins.
	Cocoa with Whipped Cream.	

	Strawberries and Cream.	
	Boiled Rice with Maple Syrup.	
Bacon and Fried Eggs.	Baked Potatoes.	Johnny Cake.
	Coffee.	

	Sliced Pineapple.	
	Steamed Oatmeal.	
Fried Chicken.	Saratoga Chips.	Mushroom Omelet.
	Wheat Bread.	
	Coffee.	

	Grapes.	
	Cracked Wheat with Sugar and Cream.	
Cold Sliced Meat.	Sautéd Sweet Potatoes.	Brown Bread Toast.
	Doughnuts and Coffee.	

	Sliced Peaches.	
Baked Beans.	Fish Balls.	Poached Eggs on Toast.
	Salted Wafers and Coffee.	

Hamburg Steak.	Oatmeal Mush with Apples. Baked Sweet Potatoes. Buttered Graham Toast. Coffee.	Waffles and Syrup.
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Lamb Cutlets.	Baked Apples with Cream. Hominy. Tomato Sauce. Strawberry Shortcake. Coffee.	Fried Potatoes.
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LUNCHEON.

Dressed Lettuce.	Lamb Croquettes. Canned Plums. Gingerbread. Cocoa and Whipped Cream.	Rolls.
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Cold Pressed Veal.	Oyster Stew. Crackers or Dry Toast. Lady Fingers.	Chocolate.
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Vegetable Hash.	Cold Corned Beef. Graham Bread. Spice Cake. Tea.	Peach Butter.
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	Turban of Fish.	Saratoga Potatoes.
Cold Slaw.	Sliced Oranges.	
	Graham Wafers.	Tea.
		Cheese Toast.

	Lobster Salad.	Rolls.
Blackberries and Cream.	Nuts.	Crackers.
	Russian Tea.	

	Beef Stew with Dumplings.	Parker House Rolls.
Raspberries and Cream.	Omelet with Vegetables.	
	Fruit Cake and Cocoa.	

	Scalloped Turkey.	
	Brown Bread Sandwiches.	
Sliced Tomatoes.		Grapes and Pears.
	Tea.	

	Cream of Tomato Soup.	
Croutons.	Warmed-over Muffins.	Salmi of Lamb.
	Cake.	Chocolate.

Scalloped Oysters.		French Fried Potatoes.
	Brown Bread and Butter.	
Egg Salad.		Dressed Celery.
	Iced Tea.	

	Beefsteak Pie.	
Lettuce with Mayonnaise.	Buns.	Pickles
	Oranges.	
	Tea.	

Broiled Ham.	Tomato Omelet.	Creamed Potatoes
	Baked Apples and Cream.	
	Sponge Cake.	
	Cocoa.	

Salmon Croquettes.	Scalloped Potatoes.
	Baking-powder Biscuit.
Gingerbread.	Edam Cheese.
	Tea.

SPECIAL MENUS.

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Peach Sauce. Duck Pie. Grilled Bacon.
Tea. Toasted Brown Bread.

Tomato Salad. Sliced Tongue.
Graham Bread and Butter. Macaroni and Cheese.
Tea.

Green Corn on the Cob. Cold Sliced Corn Beef.
Muffins. Oyster Fritters.
Chocolate and Whipped Cream.

DINNER.

Roast Beef. Tomato Soup.
Shredded Potatoes. Yorkshire Pudding.
Macaroni with Cheese. Cold Slaw.
Chocolate Cream.
Café Noir.

Fricassee of Lamb. Cream of Celery Soup.
Steamed Potatoes. Mashed Turnips.
String-beans and Radish Salad.
Fig Pudding.
Crackers. Cheese. Café Noir.

Boiled Salmon, Egg Sauce. Black Bean Soup.
Mashed Potatoes. Green Corn.
Sliced Cucumbers.
Baked Indian Pudding.
Café Noir.

SPECIAL MENUS.

	Macaroni Soup.	
Fried Chicken.	Boiled Potatoes.	Sliced Tomatoes.
Peach Shortcake.		Crackers and Cheese.
	Iced Coffee.	

	St. Germain Soup.	
Veal Cutlets.	Chartreuse Potatoes.	Cauliflower.
Cream of Lima Beans.		Dressed Celery.
Strawberries and Cream.		Cake.
	Café Noir.	

	Clam Soup.	
Boiled Cod with Lobster Sauce.		Roast Lamb with Mint Sauce.
	New Potatoes with Cream.	
Green Corn on the Cob.		Lettuce.
	Chicken Patties.	
Crackers and Cheese.		Vanilla Ice-cream.
Chocolate Macaroons.		Strawberries.
	Café Noir.	

	Cream of Lima Bean Soup.	
Beefsteak with Oyster Blanket.		Stuffed Potatoes.
Asparagus on Toast.		Green Peas.
Pineapple Pudding.		Sponge Cake.
	Coffee.	

	Chicken Soup.	
Boiled Mutton.	Mashed Sweet Potatoes.	Spinach.
	Turkish Pilaf.	
	Cerealine Pudding.	Fruit and Nuts.

	Irish Stew with Dumplings.	
Lamb Chops.	French Fried Potatoes.	Apple Sauce.
	Beet Greens.	
Cup Custard.		Café Noir.

SPECIAL MENUS.

433

Onion Soup.
Pot Roast.
Boiled Potatoes. Boiled Onions.
Lobster Patties. Pickled Beets.
Chocolate Eclairs. Fruit.
Café Noir.

Chicken Bouillon.
Salmon a la Mode.
Roast Partridge Breasts.
Mashed Potatoes. Green Peas.
Pineapple Sherbet.
Sliced Tomatoes and Cucumbers with Mayonnaise Dressing.
Neapolitan Ice-cream.
Water Biscuit. Cream Cheese.
Café Noir.

Consommé with Vermicelli.
Baked Trout. Apple Fritters.
Baked Potatoes.
Sliced Tomatoes.
Nuts and Raisins. Apple Pie.
Café Noir. Roquefort Cheese.

Purée of Veal.
Broiled Bluefish.
German Fried Potatoes. Asparagus on Toast.
Chocolate Blanc-mange.
Assorted Cake.
Café Noir.

Corn Soup.
Stuffed Roast Veal.
Browned Potatoes. String beans.
Plum Pudding.
Coffee.

SPECIAL MENUS.

	Blue Points.	
Olives.		Celery.
	Beef Bouillon.	
	Quail on Toast.	
	Saratoga Chips.	
Succotash.		Radishes.
	Chopped Nut Salad.	
Fruit.		Strawberry Ice-cream.



SINCE the processes of cold storage were invented, it has become possible to get nearly all food products at any season of the year. Those living in large cities especially are able to avail themselves of cold storage products, but in general there are only certain foods that are available at certain periods of the year. Besides, the human body needs different kinds of nourishment at different seasons, and the following products are best adapted, and are most easily attainable, in the months under which they are listed.

JANUARY. **MEAT, FISH, AND GAME:** Pork, mutton, beef, rabbit, partridge, woodcock, snipe, geese, chicken, wild duck, turkey, fresh salmon, bass, halibut, fresh codfish, oysters, whitebait, and finnan-haddie. **VEGETABLES:** Turnips, cabbage, beets, celery, winter squash, onions, white and sweet potatoes, artichokes, oyster-plant, leeks, cauliflower, and cress.

FEBRUARY. **MEAT, FISH, AND GAME:** Mutton, beef, pork, rabbit, snipe, pheasant, pullets, geese, ducks, turkeys, wild ducks, pigeons, fresh salmon, eels, fresh codfish, haddock, halibut, live lobster, white perch, smelts, shad, herring, whitefish, green turtle, scallops, prawns, oysters, soft-shell crabs. **VEGETABLES:** Cabbage, onions, parsnips, white and sweet potatoes, oyster-plant, okra, celery, carrots, turnips, beets, winter squash, and chicory.

MARCH. **MEAT, FISH, AND GAME:** Beef, mutton, veal, pork, chicken, turkey, rabbit, duck, snipe, capons, salmon, halibut, fresh codfish, lobster, red snapper, shad, herring, sturgeon, whitefish, pickerel, yellow perch, green turtle, oysters, and soft-shell clams. **VEGETABLES:** Cabbage, turnips, artichokes, parsnips, carrots, white and sweet potatoes, leeks, onions, radishes, celery, and cress.

APRIL. **MEAT, FISH, AND GAME:** Lamb, veal, beef, mutton, pork, chicken, fowl, young duck, squabs, wild duck, haddock, halibut, fresh codfish, striped bass, eels, live lobster, salmon, white perch, smelts, red snapper, bluefish, shad, whitefish, brook trout, oysters, scallops, frogs' legs, clams, whitebait, and green turtle. **VEGETABLES:** Mushrooms, cress, beets, eggplant, lettuce, cucumbers, asparagus, string-beans, peas, onions, white and sweet potatoes, rhubarb, turnips, and radishes.

MAY. **MEAT, FISH, AND GAME:** Lamb, veal, mutton, beef, pork, spring chicken, pigeon, young duck, young turkey, haddock, striped bass, salmon, flounder, mackerel, codfish, shad, bluefish, halibut, clams, brook trout, whitefish, carp, green turtle, frogs' legs. **VEGETABLES:** Cabbage, new potatoes, sweet potatoes, onions, asparagus, string-beans, beets, lettuce, green peas, tomatoes, turnips, squash, radishes, cucumbers, and artichokes.

JUNE. **MEAT, FISH, AND GAME:** Veal, lamb, beef, mutton, duck, geese, chicken, turkey, striped bass, fresh salmon, clams, soft crabs, frogs' legs, lobster, crayfish, blue fish, sturgeon, halibut, and fresh mackerel. **VEGETABLES:** Potatoes, cauliflower, peas, asparagus, artichokes, onions, lettuce, cress, oyster-plant, rhubarb, spinach, string-beans, tomatoes, carrots, parsnips, cucumbers, and radishes.

JULY. **MEAT, FISH, AND GAME:** Veal, beef, lamb, mutton, chicken, pigeon, plover, young geese, squabs, fresh mackerel, flounder, salmon, codfish, halibut, sea bass, brook trout, black bass, pickerel, perch, green turtle, frogs' legs, whitebait, lobster, and clams. **VEGETABLES:** Asparagus, green and string-beans, artichokes, lettuce, spinach, mushrooms, cabbage, onions, turnips, potatoes, peas, and celery.

AUGUST. **MEAT, FISH, AND GAME:** Veal, mutton, pork, lamb, beef, venison, young duck, green geese, snipe, plover, turkey, squabs, wild pigeon, woodcock, cod, halibut, haddock, salmon, fresh mackerel, sea bass, bluefish, brook trout, eels, black bass, crayfish, catfish, green turtle, soft crabs, and clams. **VEGETABLES:** Mushrooms, beets, celery, radishes, peas, tomatoes, green corn, white and sweet potatoes, cauliflower, onions, string-beans, and carrots.

SEPTEMBER. **MEAT, FISH, AND GAME:** Beef, mutton, lamb, veal, pork, venison, woodcock, snipe, wild pigeon, squabs, young turkey, plover, wild geese, partridge, salmon, cod, striped bass, halibut, fresh mackerel, whitefish, pickerel, catfish, carp, whitebait, frogs' legs, herring, and lobster. **VEGETABLES:** Potatoes, turnips, peas, carrots, cabbage, artichokes, beans, lettuce, mushrooms, watermelon, celery, sweet potatoes, squash, rhubarb, parsnips, green corn, beets, and tomatoes.

OCTOBER. **MEAT, FISH, GAME:** Beef, veal, pork, lamb, mutton, venison, squabs, partridges, pigeons, pheasants, woodcock, wild duck, canvas-back duck, chicken, geese, turkey, fresh cod, fresh mackerel, halibut, white perch, whitefish, bluefish, pickerel, yellow perch, black bass, terrapin, frogs' legs, hard crabs, whitebait, green turtle, scallops, eels, lobster, and oysters. **VEGETABLES:** Mushrooms, cucumbers, parsley, squash, celery, pumpkins, beets, spinach, tomatoes, corn, beans, peas, parsnips, turnips, potatoes, and cabbage.

NOVEMBER. MEAT, FISH, AND GAME: Venison, beef, veal, mutton, pigeon, rabbit, turkey, hare, pheasant, fowl, woodcock, wild geese, wild duck, partridge, quail, snipe, grouse, striped bass, halibut, haddock, fresh mackerel, salmon, whitefish, codfish, black bass, red snapper, pickerel, shad, terrapin, green turtle, frogs' legs, and oysters. VEGETABLES: Carrots, parsnips, potatoes, dried beans, turnips, onions, cabbage, winter squash, beets, parsley, pumpkins, and mushrooms.

DECEMBER. MEAT, FISH, AND GAME: Pork, beef, veal, mutton, venison, rabbit, pheasant, woodcock, snipe, partridge, chicken, geese, duck, tame duck, wild duck, quail, sturgeon, halibut, flounder, fresh cod, whitefish, shad, black bass, green turtle, frogs' legs, and oysters. VEGETABLES: Cabbage, potatoes, onions, turnips, pumpkins, carrots, dried beans, parsnips, mushrooms, mint, and sage.



IF honesty were the absolute rule with all shopkeepers, this chapter would be without much practical value. Unfortunately it is not always safe to trust everything to the butcher or the grocer in the selection of food products. It is infinitely better for the buyer to be thoroughly familiar with the character and quality of the articles to be purchased. It then goes without saying that what is asked for will be forthcoming. It is better to go to the market and select your foods. You can then apply your own knowledge of the articles, and make your own tests for quality, and also get the exact quantity you desire. The economy of the cooking department is dependent for the principal part upon the buying of the food materials. It stands to reason that the shops will want to sell every article on their hands, and the absence of the purchaser affords excellent opportunity to dispose of the poorer quality first, thus assuring a better chance of disposing of the finer qualities to the buyers who present themselves at the market.

The housekeeper, or whoever does the buying, needs clear, concise explanations of the best methods of identifying the materials that enter into the daily needs of the family. It is thought by many that the market is not a proper place for ladies, but this idea is erroneous. The traders will invariably treat their customers with all possible courtesy, and any lady may be assured of the highest consideration while in the market. Practically the only way to secure the desired information is to go into the market. Once the various articles have been closely examined, a little supplementary reading on the subject will suffice to form a clear conception of them in the mind of the purchaser.

The articles of greatest importance and expense are meats, fish, and vegetables, and this chapter will be confined to a terse presentation of a few facts concerning these products.

BEEF. The most nutritious, and in the long run the most economical, kind of meat is beef. Almost every particle of a dressed beef can be utilized for food. The divisions of a beef are shown in the chapter on "Beef." This should be studied carefully so that the location of the various cuts may be learned and recognized when marketing. The first part of the chapter referred to names the uses to which each part is best adapted.

First-class beef has a fine grain, a yellowish white fat, and is firm. It has a fresh, juicy appearance, the suet is dry, and nearly free from fiber. Poorer qualities of beef, as the flesh of the ox and cow, are coarse, and darker in color. It also appears dry.

MUTTON AND LAMB. Mutton and lamb are very nutritious and easily digested. The former will keep longer than the latter, which must be used soon after cutting. The best mutton has clear, white, hard fat, and the lean part will be dark red in color, and juicy and firm. Poorer qualities of mutton may be detected by their soft, yellow fat, and coarse, stringy meat. Lamb has a delicate flavor until nearly a year old. It then begins to taste like mutton. Lamb is best from May to September. Mutton is first divided lengthwise into halves, which are again divided into fore and hind quarters. The hind quarter comprises the leg, loin, and flank; the fore quarter, the shoulder and breast. Lamb is divided in the same way.

VEAL. In the selection of veal the consumer is more or less at the mercy of the butcher, for the quality of veal depends upon the age of the calf when it was killed, and also upon its food previously. The best veal is that fed wholly on milk; the poorest that which has been fed on grass. The best age for veal is when the calf is between six and ten weeks old. At that age the flesh of a milk-fed calf will be tender, white, and fine grained. The fat will be firm and white and there will be a goodly supply of it, especially around the kidneys and on the legs. The meat of a grass-fed calf will be lean, dry, and dark. If a calf is killed before it is six weeks old, the meat will be soft, flabby, and of a bluish tinge. Such meat is unhealthful and should be carefully guarded against.

The calf is cut up by the butcher into leg, loin, breast, shoulder, neck, flank, head, and feet. Of course the leg is the most valuable part of the animal. The leg is cut into slices for cutlets, or into one solid round piece for fillet. It is also roasted. The lower part of the leg, called the knuckle, is very gelatinous, and is used for soups. The loin is the part next in value, and is divided into roasts and chops. The neck of veal is usually tender, and comprises the thirteen ribs which are roasted or used as cutlets. The shoulder is usually roasted, and the breast is stewed, broiled, or roasted.

PORK. The fat of fresh pork should be firm, clear, and white; and the lean pink. Diseased pork has a dull appearance, and yellowish lumps through the fat and lean. It is of importance that pork, even more than the meat of any other animal, should be in a healthy condition, and in all cases should be thoroughly cooked. The fat portions are usually salted, while the lean, except the leg and shoulder, is generally sold fresh. For roasting and chops the loins are the most desirable parts. The shoulder is sometimes used fresh for roasting or boiling.

POULTRY. The feathers are removed from poultry in two ways; one, by plucking them from the dry bird, and the other, by first plunging it into boiling water. If the poultry is to be used immediately, the latter method is good, but the water injures the flavor of the meat, and impairs its keeping qualities. One can always tell whether the poultry found in the market has been scalded or has been dry-picked, for the hot water contracts the skin which is drawn tightly over the flesh, giving the bird a plump appearance. If the bird is dry-picked, the skin is loose, and may be moved about on the flesh, and has a rough appearance.

Good poultry should have the following qualities in general: the bird should be short and plump in proportion to its weight; should have a large amount of meat on the breast; the skin should be smooth, provided the smoothness does not come from scalding; the legs should be smooth, and, in poultry for roasting and broiling, the end of the

breast-bone should bend readily ; the windpipes in ducks and geese should be brittle, breaking very easily when pressed lightly. Like all other meat, it must be fat to be good.

GAME. The varieties of game in the United States are venison, bear meat, rabbits, squirrels, ducks, partridge, grouse, ptarmigan, quail, woodcock, and wild pigeons. Venison is cut very much like mutton. It should hang about three weeks after it is killed, so it will become thoroughly ripened. Venison should be fat to be first-class. The lean is darker than that of beef, and the fat whiter. Game birds should not be dressed until after they are purchased from the butcher. Rabbits and squirrels should not be skinned until they are to be used, as they dry if their skin is removed any length of time before cooking. Rabbit meat is white, delicate, and savory when young, but dark and tough when old.

FISH. The principal consideration in selecting fish is that it be fresh. Fresh fish will be firm, the scales bright, the fins firm and erect, and the gills red. It is better to use fish caught near the market than those brought from a distance. Fish from clear ponds and lakes and running streams are the safest. Fish that inhabit stagnant waters and live at the bottom of muddy ponds do not have a fine flavor, and they are never so healthy as those living in running water or clear lakes.

GENERAL SUPPLIES. In the purchase of general supplies it is well to secure a month's supply in order to avoid waste of time and patience, and often a better price can be secured on quantities than on simply a day's rations. Such staple articles as sugar, flour, tea, coffee, chocolate, eggs, molasses, salt, pepper, rice, spices, macaroni, baking-powder, flavoring extracts, gelatin, starch, bluing, soap, etc., should be kept constantly on hand. Dry groceries should be kept in either glass or metal jars, and the place in which they are kept should be cool, dry, and well-ventilated. It is necessary to keep

certain food supplies well-closed, as they absorb flavors and odors to some degree ; such as chocolate, coffee, flour, butter, milk, and eggs.

Green food, of course, can be purchased only when needed. If it must be kept for a day or two, put some water in a shallow pan, and let the roots rest in the water. All kinds of herbs may be kept fresh and crisp in this manner. Cold water will oftentimes revive or restore vegetables which have lost their freshness and crispness.



NO room in the house requires more care and painstaking, in the matter of furnishing, than the kitchen. A large part of the health and comfort of a family depends upon the success of this all-important room. The furniture necessary in the kitchen includes a table, a few strong chairs, a comfortable chair, and a shelf for books, writing tabs, etc. A good clock is a necessity in a kitchen.

NUMBER OF UTENSILS. The number of cooking utensils will depend upon the size of the household and the amount of money to be spent in the cooking department. At any rate, it is unwise to lay in a large stock of all possible articles with only the prospect that they may be needed at some time. The better plan is to secure the necessary articles first, and buy the others as occasion requires.

It is true economy to buy a few, but of the best quality, and of the simplest construction.

Kitchen utensils should have a smooth surface, and should be without unnecessary coils or grooves. In addition to these qualities, they should be of such material that they will stand high temperature without cracking, melting, or becoming rough. They should be of sufficient solidity to be impervious to the absorption of grease or flavors. They should also be of such material as not to impart any flavor to the food

substances, or to discolor them in any way. Iron and steel combine most of these qualities, as they can sustain a very high temperature without injury, and in proper care, become smoother with use.

Frying kettles and pans, waffle irons, and such articles should be made of iron. Iron utensils can not be used for cooking fruits, or any food substances containing acids, as they will discolor the food and destroy the flavor.

The best grade of graniteware is much used, and proves very satisfactory. This ware combines the two qualities of smoothness of surface and lightness.

Tinware is used in cases where water enters largely into the cooking. This metal will melt at a low temperature, and it can not be placed over the fire without being covered with water, or some other liquid.

IRONWARE. Of ironware, the following utensils for the kitchen will be needed: Roasting pans, frying pans, waffle irons, omelet pans, soup pots, griddles, roll pans, and porcelain-lined kettles.

GRANITE-WARE. The following articles will be found the most serviceable, if made of graniteware: Colander, double boilers, and stew-pans. A goodly number of stew-pans should always be on hand, ranging in size from one quart to eight quarts.

TINWARE. Following are the articles most commonly used, made of tinware: Large steamer, muffin pans, cake pans, deep plates, strainers, graters, flour scoop, molds for pudding, quart measures, and all measuring cups, milk-pans, dish-pans, dippers, boxes for meal, etc., bread boxes, cake box, spice box, biscuit cutter, tin pails.

GENERAL SUPPLIES. Stone jars for butter, salt, pepper, etc., jugs for molasses and vinegar, bread knife, butcher's knife, vegetable knives, egg beaters, steel dish-cloth, soap shaker, teaspoons, tablespoons, large iron spoons, lemon-squeezer, coffee-mill,

coffee-pot, teapot, funnel, cake turner, skimmer, can opener, and ice-pick.

The following articles, made of wood, will be found in every well-regulated kitchen: Flour sieve, molding board, rolling-pin, wooden spoons, potato masher, and chopping bowl.



“His home, a spot on earth supremely blest,
A dearer, sweeter spot than all the rest.”

THE decoration of the home, in one sense of the term, implies a certain amount of means with which to purchase decorations of various kinds. In another sense it is the arrangement of whatever happens to be on hand in an artistic and graceful manner.

It is not the purpose of this brief article to enter upon a discussion of the elaborate and costly furnishings of wealthy homes. We could not offer any suggestions of value along that line, for the reason that those who furnish their homes in this way have plans and designs drawn by artists who make it their business to furnish special and exclusive designs for the decoration of such homes. We can only hope to offer a few suggestions in the matter of arranging the materials which are found in the average home.

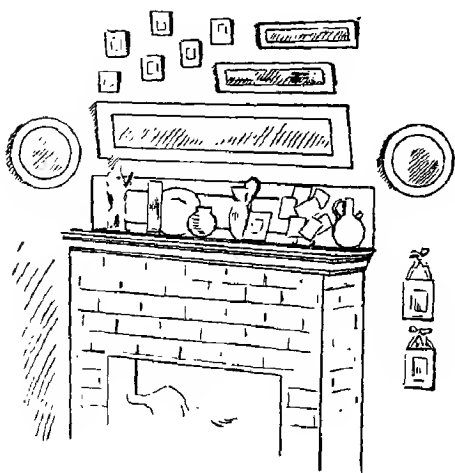
SIZE AND SHAPE OF ROOMS.

The first consideration is always that of the size and shape of the rooms to be decorated or furnished. If the wall is tinted, the general color should be in harmony with the rugs, carpets, and furniture which are to be placed in the room. It is not necessary that it should be of the same color, but of the same general tone so as either to blend or form a pleasing contrast. In any event, loud and glaring colors either in tinting or in paper should be avoided, as they are positively lacking in what we may call character.

**ARRANGE-
MENT OF
FURNITURE.**

The next consideration is in the arrangement of the furniture. If there is a fireplace in the room, this must receive the prime consideration, and everything in the room should be arranged with reference to the fireplace.

This important, useful, and decorative article must be free from obstruction. Bookcases or chairs may be arranged at either side, and the mantelpiece above it affords an excellent place for the clock and one or two fancy vases, and perhaps some pictures. The simple fact that here is a long shelf is not sufficient ground for supposing that everything else which has no definite place in the house is to be put upon it.

**PICTURES.**

Another important general consideration is the arrangement of the pictures upon the walls. There will always be some large pictures and a number of small ones, and the manner in which they are distributed makes all the difference in the world as to the general effect which they produce. There are two general styles of hanging pictures. One is to scatter them about over the walls, and another is

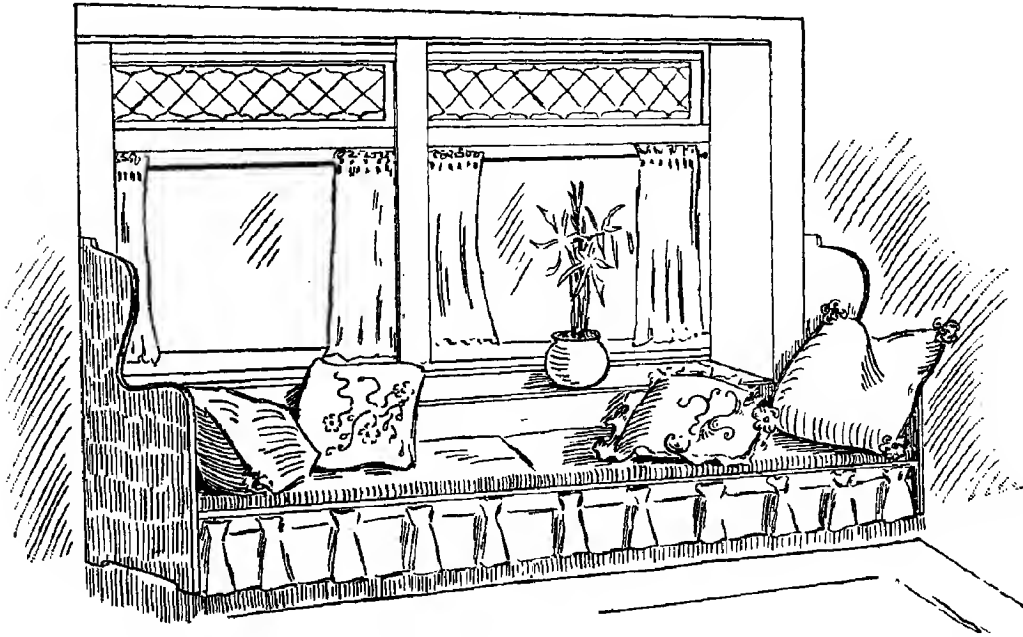
to arrange them gracefully in one or two groups. Our illustration of the mantelpiece with the pictures hung above is an example of the latter method. As will be seen, there are no two pictures in line with each other.

DRAPERIES.

Draperies constitute one of the greatest obstacles of the average housekeeper, and upon their successful arrangement depends to a very great extent the artistic effect of a room. There are no general principles which govern the draping of curtains, with the possible exception that a mussy or stuffy appearance should always be avoided. Sweeping and well-rounded curves should be sought, and the draping should be well balanced. The great difficulty

in hanging large draperies is now partly overcome by the fact that these draperies are cut and made by the manufacturers themselves, so that they may be hung up as the ordinary curtains would be. The effect is the same, and the trouble is thus avoided. There is this objection, however, to such a drapery: it can never be changed, and if it be an expensive one, it is not so economical as to purchase the straight drapery and secure the services of an artist to drape it once or twice a year.

Suggestions along the line of home decoration, as we said in the beginning, are practically unlimited, but there is one idea always to be kept in mind, and that is, that home furnishing and home decoration are, from an artistic standpoint, synonymous terms.



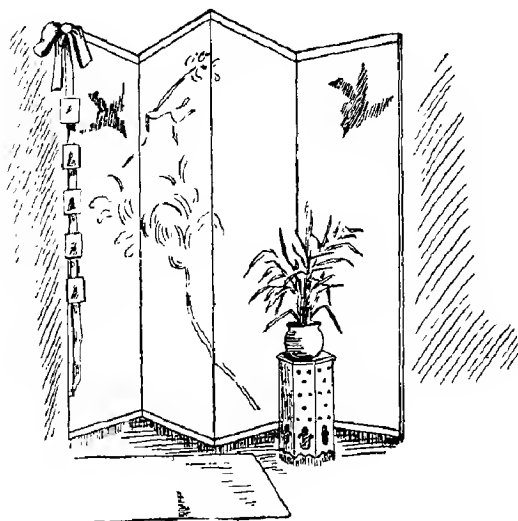
WINDOW-SEATS.

In case the house is fortunate enough to possess a bay-window, there is an excellent opportunity for a stand of house plants or a window-seat. If it is used for house plants, we would refer the reader to the chapter in this book on "House Plants and Their Care." If it is desirable to put in a window-seat, it can be done with little expense, and will prove to be worth every effort expended on it. It is not necessary, however, that there

should be a bay-window in order to have a window-seat, as a plain, straight seat can be built next to a straight window and will prove as comfortable as the other. The accompanying illustration shows a design for a seat of this kind, and it is sufficient evidence in favor of comfort merely to call attention to it.

USE OF SCREENS.

The number of articles which might be mentioned in this connection, is practically unlimited, but one which will be found in nearly every household is a screen. This may be used merely as a screen, or it may serve the double purpose of a screen and a decoration.



Another use has been found for a pretty fire screen used in a library or drawing-room. On the back of the screen a shelf is nailed, and the cream pitcher, sugar bowl, and alcohol outfit are kept there, while above this shelf the cups are hung, all ready for afternoon tea. It is necessary, of course, that the screen be very firm on its base, or the experiment might prove disastrous.

There is no limit to the ingenuity which may be exercised in decorating the various

rooms of the house, and it is by no means necessary that a professional decorator be employed or that costly material be purchased for the purpose. The young lady of the house can make a pretty corner in her room if she will get a triangle of wood from a carpenter, nail it to the wall about six feet from the floor, with the vertex of the triangle fitted in the corner. From this shelf drape some denim, silkline, or cretonne, looping it back with ribbon. Between the curtains, and about a foot below the shelf, hang a mirror, and in front of that place the wash-stand on which is arranged the toilet set. A five-

cent towel rack covered with ribbon with big bows at each end, completes this effective and inexpensive nook.

Another pretty corner that an ingenious girl can make for her room with her own hands, is nothing more nor less than an old dress-box covered with denim or cretonne, and piled up with a lot of pillows. This may be placed either in a corner, or better still, in a bay-window. Above this may be placed a shelf for books.



THE home that possesses a window with a southern exposure, has a real treasure: for with small expense a wide board can be fitted on the sill, and two others at equal distances across the window, thus affording three shelves, capable of holding fifteen to twenty house plants. All the different varieties of the geranium, coleus, begonia, and ivy, sweet-scented violets, primroses, mignonettes, and many others, will flourish in a window garden, and will always furnish a cluster of flowers and bright leaves, or a flowering plant for the center of the dinner-table. They will also lend a pleasant odor to the house. A plant in bloom, pot and all, may be set on the table. If there is no expensive china flower-pot in which to set the clay one, a pretty substitute may be made by crocheting a cover of macramé thread. Stiffen this with starch, draw it over the pot, and let it dry. This may be varnished and touched up here and there with gilt. A bow of ribbon will add an attractive bit of color to the scene.

Ferns and palms flourish better away from the strong light, thus saving space in the window.

The following general principles will be found thoroughly reliable and useful in the care of house plants: —

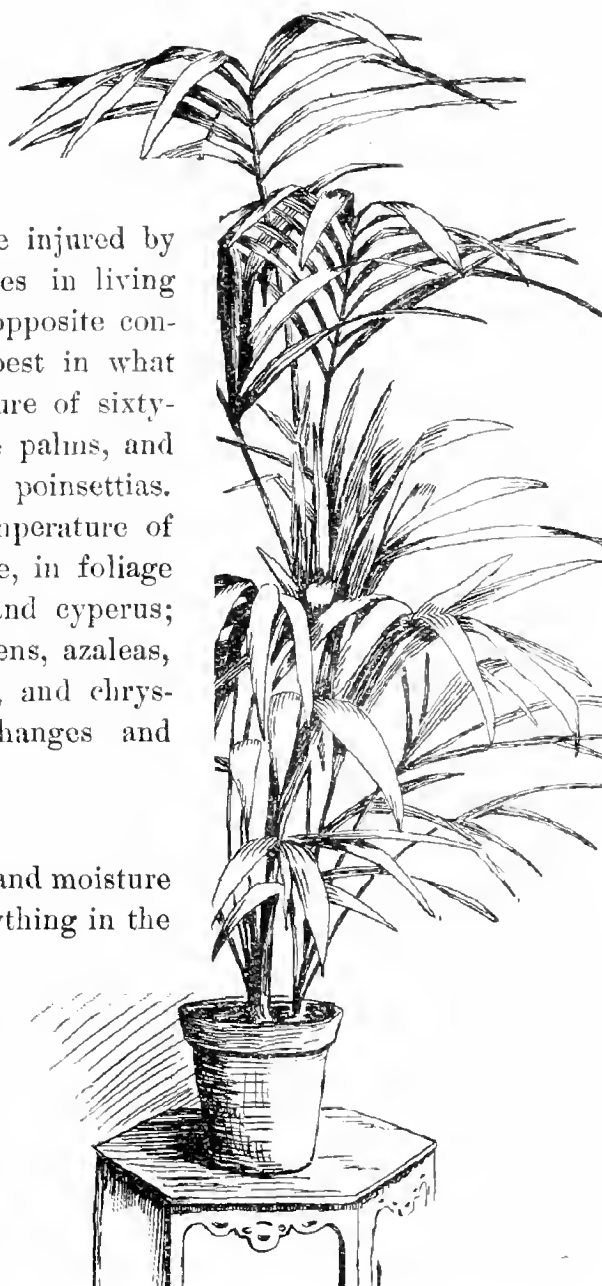
LIGHT. Unobstructed daylight exposure should be given when possible. To better accomplish this, keep plants in the windows and not back from or between them. Overhead light will give better results than that from the side. Apply the former if you can. In a poorly lighted exposure a palm succeeds fairly well; a flowering plant will not.

FRESH AIR. This is a necessity with plants, as with human beings. To purify the air, ventilate frequently. Dryness of the air is a leading cause of plant failures. It may be overcome somewhat by evaporation with pans of water. The air of rooms heated with steam or hot water is more favorable to plants than that of rooms heated with natural gas or a dry-air furnace. Escaping gases are as fatal to plants as to human beings, and should be guarded against.

TEMPERATURE. More plants are injured by high temperatures in living rooms than by opposite conditions. Kinds that flourish best in what may be termed a high temperature of sixty-five to seventy degrees, include palms, and callas, begonias, gloxinias, and poinsettias. Others that succeed best in a temperature of five to ten degrees lower include, in foliage plants, araucarias, asparagus, and cyperus; and flowering cinerarias, cyclamens, azaleas, hydrangeas, forced bulb flowers, and chrysanthemums. Avoid sudden changes and drafts of air on plants.

WATERING AND MOISTURE. Proper watering and moisture are almost everything in the care of plants.

Over-watering is easily done to their injury, and if unduly dry, they perish. Conditions vary so greatly that some care is needed to tell when and how freely to water. When the soil shows hard and brittle on



the surface, water is needed. If soft and moist, do not water. Or if dry, sharp tapping on outside of pot gives a light or ringing sound. If not dry, it sounds dull. As a rule, water enough should be given to reach to the center of the ground. Usually, filling to brim of pot answers for quantity. As a rule, flowering plants when in bloom, require much more water than foliage plants. With some exceptions, most plants need water daily. Kinds that need plenty of water are azaleas and hydrangeas (when in flower), cyperus and callas (these will flourish with roots submerged), and hyacinths and forced bulbs. Those easily overwatered include, in flowering plants, cinerarias and cyclamens; in foliage plants, dracænas; while pandanus should be watered sparingly, at intervals of three or four days being often enough. Saucers for pots avoid undue drying of roots. In leading to cleanliness also, their use is recommended. Never allow water to stand in a saucer or holder. Plants strongly rooted in their pots dry out more quickly than newly potted ones.

GENERAL HINTS. Use good soil specially prepared for plants. The leaves of palms should be kept clean and free of dust and foreign matter. Go over them once a week with a dampened soft sponge or cloth. Solutions of whale-oil or castile soap, also tobacco extracts, as directed on the packages, may be used as a wash when removing scale or other insects. Concentrated fertilizers should be applied moderately and always according to directions. A palm that has become impaired in vigor is of little future consequence. The same is true of a flowering plant that is badly infested with insects.

TO DESTROY PARASITES ON PLANTS. Use ten parts boric acid, five parts salicylic acid, twenty parts alcohol, two hundred parts water. Apply by means of a spray.

DEATH TO INSECTS. Dissolve one ounce each of the oils of cedar and wintergreen in two pints deodorized benzine. This is certain death to cockroaches, bedbugs, fleas, and other insects.

TO PREVENT EARTH-WORMS. Pour on the soil a warm (80°–90° F.) decoction of quassia wormwood and powdered horse-chestnuts. In a few moments every worm will come to the surface and can be removed.

SOAP INSECTICIDE. Probably no writer on the subject of house plants is better known than Mr. Eben E. Rexford, of the *Ladies' Home Journal*, who gives the following instructions for making a cheap and easily prepared insecticide from Ivory Soap : —

“Shave a quarter of a pound of soap into thin strips. Cover with water, and set it on the stove until the soap is dissolved. Then pour it into a pail containing five gallons of water, which should be warm when the liquid soap is put into it. This quantity of soap will make enough for any ordinary collection of plants. If larger quantities are needed, they can be made by observing the proportions named. It will be found most effective if the plants are dipped into the solution, as in that way no portion of the plant can escape a bath; but it can be applied very satisfactorily with a sprayer, or a florist's syringe. Be sure that every part of the plant is reached. This is very important. After dipping or spraying your plants, let them stand for half an hour, then shower them with clear water. Every aphid that the solution comes in contact with will be killed promptly, and your plants will not be injured in the least by it. I use it on all plants, out- and indoors. It is more effective on roses in the garden than hellebore or Paris green. It is not unpleasant to use, like most insecticides, is cheap, and always at hand. And its great merit is that it does its work thoroughly.

“The proportions named above give a solution suited to plants having a firm foliage, as roses, carnations, and the like. For soft-leaved plants eight gallons of water to a quarter of a pound of soap will perhaps be better. When used in the latter strength, dip or shower your plants twice instead of once, waiting about an hour between operations.

“If those who grow flowers and are annoyed by the attacks of insects on them, will try this insecticide, I am confident that they will be entirely satisfied with the result.”



HOUSEHOLD pets are both a comfort and a care. The number which any home will have depends largely upon the amount of extra work which they cause. They are certainly not expensive, for in the majority of cases they live on what would otherwise be thrown away. However, a pet which does not have the best of care is not a comfort, but it is a nuisance. The following paragraphs seek only to suggest the proper household pets, and offer suggestions for their proper care.

THE CANARY. A majority of the store-birds are imported from Germany, the preference being given to them on account of their excellence of song, the St. Andresburg and other warblers being the sweetest singing birds in the world. When buying a bird, see that he is of good form, clean of limb, and, above all, never buy a bird till you have heard him sing, and are satisfied with the quality of his song.

The proper time to mate birds is in the winter, the month of February being the best time to place the birds together. After the birds are together they may fight for a day or two, and sometimes longer, before they mate. As soon as they show any sign of mating, by carrying paper or anything else they can find, and appear to be looking for a place to put it, a nest made of woven wire and lined with cloth should be secured inside the cage, and the birds left to themselves as

much as possible. All breeding cages should be made so that the bottom can be removed for cleaning without disturbing the birds, eggs, or young.

In eight days from the time the birds mate, the female will usually lay her first egg, and generally one each day thereafter for three or four days, and in thirteen days from the time the first egg was laid, the first bird should make its appearance in the nest, and one each day thereafter until all are out. In three weeks the young birds are able to take care of themselves, and the old ones return to the labor of getting ready to raise another brood, as they usually raise four broods in a season. Do not expect to raise more than one half the number of birds that there are eggs laid.

If it is desired to get pied birds, which are generally strong, hearty birds, get a rich, yellow-splashed male, and mate it with a yellow hen ; if it is desired to get cinnamon-colored birds, a dark-green male bird and a very light or white hen will often produce them, and a very light cinnamon bird mated with a green one will very often produce a dove- or fawn-colored variety, which are very handsome birds. As soon as the young birds leave their nest, they should be removed from the cage, and the cage thoroughly cleaned, and the nest removed to keep out the vermin.

FOOD FOR CANARIES. The proper food for canaries is rape, millet, and canary seed, and occasionally a little lettuce and maw-seed.

Any sweet vegetable is good for them, but sweet cakes and sugar should not be given. A good mixture to keep birds in song and health is made as follows : One pound sweet crackers pulverized, three hard-boiled eggs, and one-half ounce of cayenne pepper, take the shell off the eggs, rub them and the pepper into the pulverized crackers with your hands until thoroughly incorporated, spread it on a board, and place it in a dry place (in the shade) until perfectly dry, when it can be put away for use ; it will keep indefinitely, and will save the time and trouble of boiling eggs every day. Give a teaspoonful a day to each bird, in a small dish, in addition to the other food. In addition to this feed, a small piece of lean beef scraped fine may be fed once a week. Always hang cuttlefish in the cage.

THE MULE BIRD. These are generally procured by crossing a male bird of other species with a hen canary, and lovely birds are often produced by crossing the European goldfinch, the siskin, the linnet, the bullfinch, the indigo bunting, the nonpareil, and the bobolink, with a well-formed and very tame hen canary, the treatment being in every respect the same as canaries.

THE MOCK-ING-BIRD. Choose a young male bird, being governed by the markings of the plumage and by the formation of the body of the bird, and whether it will make a good song bird. A mocking-bird requires three years to come into full song. The best time to buy is in November. Its food must be sweet, for if at all sour, it will give him diarrhea. Buy pure mocking-bird food at a bird store, and every morning mix enough with about an equal quantity of finely grated raw carrot, or boiled potato mashed very fine and thoroughly mixed, and it is best to vary it, giving the bird the potato mixture one day and the carrot the next; and every other day it will be well to give or mix into the food, along with the potato or carrot, a part of a hard-boiled egg; a pepper-pod should be hung in the cage, and a few insects or meal-worms given every day. Gravel and water are essential to all birds, and should be given to this one.

THE BOBOLINK. With good treatment this bird will sing ten months out of twelve. The best food is millet and canary, and to keep him in health and song he requires insects the same as the redbirds. When molting, he should be given in addition to above some hemp-seed.

AMERICAN GOLDFINCH. This bird is cousin to the canary, and has a great many names, such as the wild canary, Canadian yellow bird, mustard bird, hanging bird, Yankee whangdoodle, etc. They become very tame, but do not generally live long in confinement. Food consists of a mixture of lettuce, canary, rape, and maw-seeds, thistle seed, and ripe plantain, when it can be had; red pepper, green lettuce, and grass they are fond of.

REDBIRD. The proper food for a redbird is a mixture of wild rice, or pada, wheat, canary, oats, sunflower, and a very little hemp, crackers steeped in milk, with a little red pepper in it, and a couple of meal-worms, and other insects every day, a small quantity of raw, lean meat scraped fine, the core of a sweet apple once or twice a week; a little cuttlefish should always hang in the cage, also a red pepper-pod, gravel and water, which you must give to all birds, clean and fresh.

BLUE JAY. This beautiful bird may be taught to whistle tunes almost perfectly when taken young, and trained to do many amusing things at command. He is a hardy bird, and will live many years in confinement if fed on bread and milk, oats, a little raw meat, cut fine, and part of a raw egg; once in a while a little sweet-meats will be a great treat for him if not given too often. Give him plenty of water to bathe in, and plenty of gravel to pick.

THE ROBIN. This is a very strong, hardy bird, with a coarse yet rather pleasant song when wild. If taken young, the male may be taught to whistle very sweetly. Feed and treat the robin the same as mocking-birds.

THE STARLING. The starling is the handsomest of European birds, being a beautiful black, speckled all over the body feathers with a yellowish white. Treat the same as other soft-feed birds. This bird thrives on bread and milk, varied alternately with mocking-bird food, sand and gravel to eat and roll in, and plenty of water to bathe in.

THE LINNET. The linnet is a very thrifty, hardy bird, a good songster, and readily mates with the canary, producing a very beautiful songster. The seed given to it should be canary, millet, and rape. Gravel and water should be given to all birds, including this one.

BROWN THRUSH. This is a fine, strong bird, but not by any means a constant singer, singing principally in April, May, and June. Treat and feed the same as the mocking-bird.

THE NONPAREIL. This bird of beautiful plumage should be fed on canary, millet, and rape, and in addition given a few insects such as meal-worms, etc., also fruits and a little green food. When so treated, it will live for about eight years in confinement.

ENGLISH THRUSH. This bird is a lively songster in its natural home, but in this country there is not one in four that makes a good singing bird. If you have one, treat it the same as the mocking-bird.

THE NIGHT-INGALE. The nightingale is a superb songster, and very valuable as an instructor of the canary. Feed the same as a mocking-bird.

PARROTS AND PARRAKEETS. The gray parrot comes from Africa, and is usually a splendid talker, and is generally good-natured. This may be said also of the South American double yellow-head parrot. The Cuban parrot is very apt, learns easily to sing, whistle, and talk. The blue front Amazon does not acquire English so readily as Spanish, while the red front parrot, coming from the same country, learns English quickly. The parrakeet of the talking variety comes from Australia. None of them become good talkers. Their food should be rape and canary, and in addition, some fruit, a little maw-seed once a week; gravel and water must be given to them the same as to all other birds. The Loreys are the handsomest of the parrot family, but few of them talk, and none excel in talking. Treat them the same as the parrakeets. They will whistle and sing, and perform all kinds of amusing tricks, and have often been taught to waltz to music of the violin and piano. The cockatoos are a very handsome branch of the parrot family, but not good talkers. If you

have one of these beautiful birds, feed it on canary, hemp, and sunflower, and wild rice. These with water and fruit are about all that are required to keep this bird in health. The Macaws should not be kept in a cage, as they are apt to get their beautiful long tails soiled. When taken young, they can be taught to speak well. Their food should be wild rice, oats, corn, crackers, and plenty of fruit, such as mellow apples, bananas, and pears, which they are very fond of, and are necessary to keep the bird in health. The average life of a healthy, well-kept bird is twenty-five years.

TEACHING TO TALK. The parrot will pick up very readily from any one it hears talking, but, like a child, it is apt to learn what is not desirable. This can be overcome by the owner of the pet taking it into a room that is quiet for half an hour twice a day, and teaching by repeating to it in the same tone of voice three or four words day after day until learned, always using the same words. It will soon commence to answer, and make use of other words that it has heard casually spoken, and if such words are not desired, they should be frowned on at once, and the bird scolded. If he is encouraged or laughed at, and he repeats the objectionable word several times, it will be hard to break him of saying them in future.

Do not feed parrots meat. In their natural state they live altogether on fruits, seeds, roots, and nuts.

When they are troubled with asthma, finding it difficult to breathe, do not give them sunflower or hemp-seed or corn. Instead give them cracker or bread with boiled milk or hot coffee poured over it, and allowed to cool before it is given to them. For diarrhea the proper remedy is to put a piece of very rusty iron into a scant supply of water, and that not being sufficient, put blackberry brandy also into the water, making it so strong that the bird will drink but very little of it. Keep the bird very warm, and as soon as the bird's droppings become changed remove the water, as the thirst will cease. Give the bird moist warm food, with a little red pepper, and a small pinch of maw-seed mixed in it. If the bird is not too much constipated next day, give it cracker or bread soaked in milk and squeezed dry, and to every ounce put about six drops of blackberry brandy and a small pinch of maw-seed; thoroughly

mix so that the bird will eat it together, and hang a red-pepper pod in the cage, this being done to prevent a return of the disease. This ought to be continued for four or five days.

If Polly has convulsions, souse him head first into a bucket of cold water. Do it quickly so as not to soak the bird, and only once. Allow him to get up himself, and keep him warm to avoid cold. In future give him less seed, and put a little spirits of niter in his drinking water. Costiveness can be remedied very easily by giving bread and milk, not boiled, with soft fruit, such as peaches and bananas. In extreme cases give five drops of castor-oil.

DOMESTIC CHICKENS. The best known are the Spanish, the Polish, the Brahmas, the Cochins, the Houdans, the Game, the Bantams, the Malay, the Sikey, the Hamburgs, the Dor-kins, and too many other kinds to mention. Chickens require grain, vegetables, meat, water, and gravel, when in confinement, but when allowed to run at large, they get along nicely when given some grain alone, but in dry weather they should have a good supply of clean water at their roosting place.

When a hen has laid from fifteen to twenty eggs, she will usually show a desire to sit; then if from ten to fourteen eggs are placed under her, which should be from different hens, especially if it is summer-time, so as to make sure of their being fresh, a larger number will hatch out, and in three weeks from the time she commences to sit, the young should be hatched out. They must be fed crumbled bread, soaked in milk and hard-boiled yolk of eggs.

DOGS. These most affectionate and serviceable of animals are generally procured when young, and the proper food and care for them is what is most desirable in a work of this kind. A puppy under six months old should never have meat given to it, and until a year old, no raw meat should be given. Young puppies should have bread and milk alone, and when older, bread and milk varied with soup and bread with a little cooked meat. They must have a good warm bed in a dry place.

GOLDFISH. -Goldfish will do well on a little sweet cracker or bread crumbled into the water, but it must be given in small quantities, for if not eaten, it sours in the water, and is injurious to the fish. Earthworms are the very best of food, and can be kept all winter if put into a box of moist earth, which must be kept moist and out of the way of frost. The worms should be cut into small pieces before being given to the fish.

TAME RABBITS. The Perfect lop-eared, the Oar lop-eared, the Horn rabbit, the Angora rabbit, and the Maltese rabbit are very prolific, usually having eight or ten young four times a year; they are easily kept, living upon grass, hay, vegetables, fruit, such as apple parings, scraps of bread, or any vegetable matter that is not decayed. The young should not be taken from their parents until they are six weeks old.

WHITE MICE. These little pink-eyed animals can be trained to do many amusing tricks, and are very tame and hardy; will live upon anything, but corn-meal is their favorite. They are very prolific, having young from four to six times a year, and from five to twelve each time.



SUCCESS in coloring and dyeing depends upon the cleanness of the article. The goods should be scoured thoroughly with soap, and the soap must be rinsed out. Just before putting the goods into the dye, dip them into water. This will prevent spotting. Always use soft water, and use enough to cover the goods well. After dyeing, air, rinse well, and hang up to dry. Do not wring silk or merinos. All cotton goods should first be bleached if it is intended to dye them a light color. The following dyes and methods have been thoroughly tested, and are reliable.

**BLUE FOR
COTTON.**

Dissolve five ounces of copperas in water sufficient to cover the goods. When it reaches the scalding point, put the goods in to scald for thirty minutes, then take out and air. Put clean water in the kettle together with six ounces of prussiate of potash; put the goods in this liquid for thirty minutes, remove, and add to the kettle two ounces of oil of vitriol; return the goods, and allow them to remain twenty minutes or longer if the color is to be dark. This will color five or six pounds of cloth.

**GREEN FOR
COTTON.**

First color the goods blue, then take four ounces sugar of lead and two ounces of bichromate of potash and dissolve each separately in a half-pailful of water. Dip the goods from one to the other until the desired shade is obtained.

YELLOW FOR COTTON. Use three fourths of a pound of sugar of lead dissolved in hot water. Also dissolve one fourth of a pound of bichromate of potash; dip in the lead dye, then in the potash until the desired shade is obtained. This will color five pounds of goods.

ORANGE FOR COTTON. Dye the goods yellow according to the above mixture, and dip in a very strong boiling alum water. Wring out, and dip in clear, hot rain-water.

BROWN COTTON, SILK, OR WOOL. Wash the goods first in strong soap-suds, and rinse well. Use one-fourth gum catechu, three ounces of blue vitriol, and four ounces of bichromate of potash. Dissolve the first two in sufficient soft water to cover the goods, and bring to a scalding heat. Wring the goods out of clear, hot water, shake out, and put into the catechu and vitriol bath. Let them remain three hours, stirring and airing frequently. Dissolve the bichromate of potash in enough warm water to cover the goods. Lift from the catechu dye and put in the potash dye, scalding until the desired color is obtained. Put them all in at once, but do not crowd them. Stir frequently, rinse in clear, warm water, and dry in the shade. Do not use an iron kettle. A brass, copper, or porcelain kettle should be used. The above amounts will color five pounds of cloth or yarn.

BLACK SILK, COTTON, LACE, OR WOOL GOODS. Use two ounces blue vitriol, eight ounces extract of logwood. Put each separately in twelve quarts water. Put the vitriol water in a brass kettle, and bring both kettles to the boiling-point. Wash the cloth out in warm water, and dip first in the vitriol water, then in the logwood water, and alternately from one to the other three times. Dry, wash in strong suds, and rinse in soft water twice. Put a little salt in the last water, wring out, roll up, and leave an hour or so before pressing. The above amounts will color four pounds of goods.

STRAW OR LEMON COLOR. A good straw or lemon color is made of fustic or saffron. Steep in soft water in an earthen or tin vessel, strain, and set the dye with alum. To stiffen the goods, dissolve a little gum arabic in the dye. When it is strained, steep the goods in it.

BLUE FOR SILK. Five ounces of alum and three ounces of cream tartar. Boil the goods in this one hour, then put them into warm water that has more or less extract of indigo in, according to the color desired. Boil again, adding more indigo if a dark blue is wanted. The above amount will color two pounds of wool.

TO DYE FURS. Use one gallon of lye, to which add two quarts of soft water. Heat the mixture in an iron kettle. Take one ounce of acetate of lead, one ounce of sulphate of iron, and seven ounces of litharge. Pulverize the ingredients, and dissolve one at a time in the lye. When the fluid is blood-warm, put the furs in for a few moments only; then air them, and dip them in strong vinegar, then smooth them off, and hang up to dry. The dye can be made stronger by using more of the ingredients, or brushing on, if not dark enough.

TO BLEACH GOODS FOR DYEING. It is sometimes necessary to remove the color from an article before it can be dyed. This may be done by washing in hot soap-suds or boiling in soap-suds until faded. Rinse thoroughly. Goods to be dyed should be clean, and free from grease.

SCARLET FOR WOOL. Use half an ounce cream of tartar, half an ounce cochineal, and two and one-half ounces of muriate of tin. Boil the dye, and put in the goods. Work them briskly about fifteen minutes, then boil an hour and a half, stirring the goods slowly while boiling. Wash in clean water and dry in the shade. This mixture will be enough for one pound of goods.

MADDER Use six gallons of water, half a pound of madder,
RED. three ounces of alum, and one ounce cream of tartar.

Heat half the water scalding hot in a porcelain kettle and dissolve in it the alum and cream of tartar. When it boils, put in the goods, and boil them two hours ; then rinse. Empty the kettle, break the madder small, and add the other three gallons of water, put in the goods, and keep scalding hot one hour, stirring frequently. Then let them boil about five minutes, drain, and rinse in clear water without wringing. Wash in suds, and dry in the shade. This mixture will color six or seven pounds of goods.



HOUSEHOLD SUGGESTIONS

INSECTS AND VERMIN. Dissolve two pounds of alum in three or four quarts of water ; let it stand for some time. Then apply with a stiff brush, boiling hot, to every joint or crack in the infected shelves, closets, bedsteads, floors, or mopboard. Keep the wash boiling hot while using. This is very effective against croton-bugs, cockroaches, ants, etc.

MOTHS. Woolens and furs can be kept secure from moths by putting several lumps of gum camphor in the folds of the garment, then wrapping in strong, brown paper, absolutely free from holes, and putting away in a trunk or close box.

ANOTHER METHOD.— Mix two ounces of camphor, half a pint of alcohol, and half a pint of turpentine. It should be stored in a stone bottle, and shaken before using. Crumbled up pieces of blotting paper soaked in this mixture, and placed in the box in which the clothes or furs are packed, will be found very effective.

If it appears that moths are at work at the edge of a carpet, take the tacks out, fold back the carpet, and wash the floor with strong suds, in which has been dissolved a tablespoonful of borax. Lay tobacco leaves along the edge, and retack.

TO WHITEN WALLS. After scraping off all the old whitewash, wash the walls with this solution : Two ounces of white vitriol dissolved in four gallons of water. Make a solution, as thick as ordinary whitewash, of a quarter of a pound of melted

white glue, eight pounds of whiting, and water. Apply evenly with a brush. In case the walls are very yellow, blue the water slightly. This may be done by squeezing in it a flannel blue-bag.

TO REMOVE STAINS FROM MARBLE. Mix one-half pound soft soap, one pound whiting, and one-half pound soda. Boil to the consistency of a thick paste. Before it is quite cool apply to the marble by spreading it evenly over the surface. Leave it for about twenty-four hours. Wash off with soft water, rub well with soft cloths. Spirits of turpentine is the best cleansing agent for black marble.

ANOTHER METHOD.— Sift through a fine sieve, two parts soda, one of finely powdered chalk, and one of pumice-stone. Add water enough to make a thick paste. Rub this on the marble, and the stains will all be removed; then wash with soap and water in order to produce a fine polish.

TO FRESHEN UP FURS. Mussed furs can be made as good as new in the following manner: Brush the wrong way of the fur with a wet hair brush. After having dried thoroughly in the open air, beat on the right side with a rattan. Then comb the right way of the fur with a coarse comb.

CLEANING OILCLOTHS. It is possible to brighten dingy oilcloth by washing with water in which has been dissolved a little borax; dip a flannel cloth into milk, wring as dry as possible, and with this wipe the oilcloth.

STARCH POLISH. Melt one ounce spermaceti and one ounce white wax; run into a thin cake on a plate. Add to a quart of prepared starch a piece the size of a quarter dollar. This prevents the flat-iron from sticking, and also gives a beautiful luster to the clothes.

**TO CLEAN
SILVER
PLATE.** Wash in strong soap-suds, rinse, and dry with a soft cloth. Make a thick paste of hartshorn powder and water; spread this over the silver with a soft cloth.

When perfectly dry, brush off the paste, and polish with a soft, clean cloth, or a piece of chamois skin. Hartshorn does not injure the silver, at the same time leaving on it a deep, dark polish. Another excellent agent is whiting, dampened with liquid ammonia.

**TO WASH
COLORED
GARMENTS.** Delicately colored goods which are liable to fade in washing, should be soaked for a night in a pail of tepid water containing one-half pint turpentine. After being wrung out and dried, the colors will have set, and the goods can afterward be washed without fading.

Calicoes can be kept from fading by soaking them for fifteen minutes before washing, in a pailful of water in which has been put a teaspoonful of sugar of lead.

**CLEANING
SINKS.** Dissolve in a pailful of boiling water three or four pounds of washing soda. Pour down the sinks or pipes you wish to purify. Copperas, which, by the way, should not be left about the house, as it is a poison, may be used instead of the washing soda if a disinfectant is required.

**TO
MEND
CHINA.** Make a thick solution of gum arabic and water, stir into it plaster of paris until a heavy, sticky paste is obtained. Apply to the fractured edges with a brush. Let the mended article stand for three days. The whiteness of this cement is an additional element in its favor.

**TO
TAKE OUT
MILDEW.** Moisten the article, rub on it equal parts of soap and chalk mixed together. After two or three hours exposure to bright sunlight, the spots will be conspicuous by their absence.

RUSTY STEEL. To remove rust, soak the article in a bowl of kerosene, or, if this is not possible, wrap up in a soft cloth well saturated with kerosene; after it has remained for twenty-four hours or more, scour the rusty spots with brick-dust; if necessary, use salt wet with hot vinegar. When thoroughly scoured, wash the brick-dust or the salt off with boiling water; dry with flannel cloths; place near the fire to make sure it is perfectly dry. Polish with a clean flannel and a little sweet-oil.

GLUE. Put finely cracked up glue into a bottle containing some common whisky; shake, cork tight, let it stand for three or four days. In the coldest weather, it may require heating; otherwise it is immediately ready for use. Unless tightly corked, the whisky will evaporate. A tin stopper, fitting the bottle as closely as possible, will serve to much better purpose than ordinary corks, as the tin stoppers will not become clogged.

CRACKS IN FLOORS. Soak newspapers in a paste made of half a pound of flour, half a pound of alum, and three quarts of water mixed together and boiled. This mixture, which should be as thick as putty, may be forced into cracks in floors, wainscoting, etc., with a case-knife. It hardens like papier-mâché, neatly and permanently filling any cracks to which it may be applied.

TO SOFTEN WATER. Small quantities of best quicklime dissolved in water will, if allowed to stand for some time, unite with the carbonate of lime, and precipitate it to the bottom of the receptacle. Two or three shovelfuls of wood-ashes, or a gallon of lye, put into a barrellful of hard water will, during the course of ten or twelve hours, render it clear and soft.

STARCH FOR DARK CALICOES. To your usual preparation of starch add one pint of perfectly clear coffee. After straining add a very small piece of spermaceti,

FOR THE LIBRARY. Oil of lavender sprinkled sparingly through a bookcase will save a library from mold.

HOME-MADE PERFUMERY. Gather the flowers with as little stalk as possible; place them in a jar three parts full of almond or olive oil; leave there for twenty-four hours, then put in a coarse cloth, and squeeze the oil from them. Replace the oil in the jar, and repeat the operation until the desired strength has been attained. This charged oil is to be mixed with an equal quantity of pure rectified spirits, shaken every day for three weeks, and then poured off, ready for use.

CURLY RUGS. Buckram, haircloth, or some similar stiff material sewed on the under side of the corners of rugs, will effectually stop their tendency to curl up.

WALL STAINS. A coat of shellac applied to the dark spots on a wall before papering or whitewashing, will prevent their showing through the paper or the whitewash.

TO CLEAN COAT COLLARS. Apply turpentine to the soiled places, letting the fluid dry, and applying more several times. Then gently scrape off the loosened dirt. Wet again with turpentine, and scrape, repeating this until all spots have been removed. Then sponge with a clean cloth and turpentine, or, better still, alcohol or chloroform, and wipe until dry. A fresher and smoother looking surface is obtained when alcohol or chloroform is used, as these two substances evaporate more quickly than does turpentine.

TO CLEAN KID GLOVES. Boil a handful of flaxseed to the consistency of thick mucilage; add a little dissolved toilet-soap; let the mixture cool slightly; then put the gloves on the hands, and apply the mixture, rubbing it on carefully with a flannel cloth. Do not use enough to wet the gloves through. A simpler method is to take a

clean, soft cloth, wet with sweet milk, rub it on a cake of Castile soap, and rub the gloves with it.

Still another way is to wash the gloves in benzine, rubbing and squeezing them until clean. If very dirty, it may be necessary to use two washings of benzine. Hang up in the fresh air to dry.

BENT WHALEBONE. If it is desirable to straighten and revive bent whale-bone, first soak it in warm water until pliable, and then press with a warm iron.

SOAP FOR WASHING WITHOUT RUBBING. Two pounds common bar soap, two pounds sal soda, and ten quarts water. The soap should be cut in thin slices, and the whole boiled together for a couple of hours; after straining, it will be ready for use.

The clothes should be put to soak the night before you wash, and the water in which you boil them should be supplied with a pound of soap to every pailful of water. It will not be necessary to rub the clothes.

AMMONIA. Not only is ammonia useful for cleaning, but it is also useful for medicine. Half a teaspoonful in half a tumbler of water is better than alcoholic stimulants for cases of fainting. It is a relief for heart disturbances, nervousness, and headache, and also for keeping up the circulation in extremely cold weather.

PASTE THAT WILL KEEP. To one quart hot water add one teaspoonful alum. When thoroughly dissolved, stir in enough flour to obtain the consistency of thick cream. Throw in a dozen cloves, and as much powdered resin as will lie on a dime. Pour into this mixture one cupful boiling water, stirring well all the time. When a molasses-like consistency has been reached, pour off into an earthen or china vessel. While cooling, stir in a small teaspoonful each of oil of cloves and sassafras; cover and put away in a cool place until needed. A small quantity, softened with warm water, will make a fine, smooth paste suitable for scrap-books, or stiffening embroidery.

ACID-PROOF CEMENT. India rubber melted by a gentle heat, six to eight per cent. by weight of tallow added while the rubber is kept well stirred, dry slack-lime added until the mixture assumes the consistency of soft paste, and lastly, twenty per cent. of red lead added in order to insure perfect hardening and drying. The cement so made will be proof against boiling acids.

TO KEEP CIDER. A sure preservative: Into a clean barrel pour eight gallons cider; mix thoroughly an ounce each powdered sulphur and powdered charcoal; put into some iron vessel that will go down through the bung-hole of the barrel. Next apply a small piece of red-hot iron to this mixture, and lower through the bung-hole, suspending it, by means of stiff wire, about one foot from the cider. Leave it there until the charcoal and sulphur are exhausted. Put the cider into a tight barrel and keep in a cool cellar. It will last for years.

TO BLEACH COTTON CLOTH. One pound chlorid of lime and one large spoonful sal soda dissolved in soft water will be sufficient to bleach thirty yards of cloth. After soaking for about a quarter of an hour, the cloth should be rinsed thoroughly in cold, soft water to prevent rotting.

CARE OF LAMPS. Lamps should receive due attention every day. Carry them to the kitchen, and set them down upon folded newspapers. If they have porcelain shades, remove them, also the chimneys, wiping them as you do so. If it is necessary to wash them, use hot water, softened with a little borax or ammonia. If soap is used, it is best to rinse them afterward in perfectly clear water.

Turn up the wicks, and scrape off the charred edges with a bit of stick or a match. Do not cut them unless forced to do so on account of unevenness. With an old flannel cloth wipe thoroughly the rims that surround the burners,

Carefully avoid an overflow in filling the lamps. It is always best to employ the aid of a small nosed tin funnel in doing this. Always wipe the outside of the reservoirs after you have filled and closed them. Take care to wipe off any drops of oil that may have trickled down toward the legs or base of the lamp, otherwise a greasy trace on stand, shelf, or table will be the inevitable consequence. Replace rim, chimney, and shade, and heave a sigh of satisfaction, for this unpleasant yet necessary process is now completed.

A superabundant quantity of clinging grease can best be removed by washing the lamp in hot water and ammonia. A clogged lamp-burner can be remedied by boiling for an hour in water in which has been dissolved a small lump of washing soda or a little borax.

HEAT- AND When it is necessary to provide against heat and mois-
MOISTURE- ture, or both, in the use of glue, the following recipe
PROOF GLUE. will be found invaluable: A handful quicklime dis-
solved in four ounces linseed-oil, boiled to a good thick-
ness, then spread on tin plates in a shady, cool place. It will become
very hard, but may be easily dissolved over the fire when wanted
as glue.

Boiling one pound of common glue in two quarts of skimmed milk will produce a glue which can resist the action of water.

FURNITURE A cheap cleaning and polishing cream for furniture may
POLISH. be made as follows: Shred half an ounce white wax
and two ounces beeswax into half a pint of turpen-
tine; let it dissolve in a warm, sunny place, then pour into this a mix-
ture made in the following manner: An ounce Castile soap, a piece
of resin the size of a nutmeg, and half a pint of water, boiled together
until melted. Mix *the whole* thoroughly, and keep in a stone bottle.

CUT GLASS. Heavy, elaborately cut glass should always be rinsed in
tepid water, as very hot water causes such sudden
expansion as to often break the glass. It is a good idea to add a little
ammonia to the tepid water. The irregular surfaces can be cleansed

by the use of a small brush. It is always best to cool thoroughly before using cut-glass dishes intended for serving ices, ice-creams, or sherbets.

TO CLEAN WALL PAPER. The inside of the crust of stale bread rubbed on wall paper will remove finger marks, grease spots, and also freshen it up considerably.

TO RESET KNIFE-BLADES. Steel knives and forks possessed of a tendency to part company with their handles can easily be reset in the following manner: Dust well the inside of the cavity in the handle with powdered resin. Heat the part of the knife or fork that fits into the handle to a red heat, and thrust it firmly into the handle. When cool, the blade will be as firmly fixed as ever. Care should be taken not to let any moisture or wet cloths touch the hot blade of the knife, as its temper may be lost thereby.

JELLY GLASSES. A spoon put in a jelly glass before pouring the boiling fruit or syrup into it will act as a conductor to the heat, and render the glass less liable to crack. Standing the glass or jar upon a thick, wet cloth will often accomplish the same end.

BROOMS. Brooms should always be hung up, or else stood up on their handle. A dip in boiling suds administered about once a week will act as a restorative.

WINDOW WASHING. Don't use too much water; don't use soap. Dissolve a little soda in the water, or soften the water by adding a few teaspoonfuls of ammonia. Wring out the washing cloth before using, and dry each pane with a soft cloth as soon as it is washed. A fine polish can be given to window panes and mirrors

by rubbing with chamois when thoroughly dried. In cold weather a little alcohol added to the water will prevent its freezing on the window pane.

**EARTHEN
VESSELS.** Milk, soups, stews, gravies, cooked vegetables, etc., should be set away in earthenware dishes. This does away with any danger of the possible chemical action of acids in the food so frequently met with in the use of tin- or iron-ware. In addition, earthenware is much more easily cleaned than is either tin or iron.

**TO WASH
BLACK
WOOLEN
GOODS.** Dissolve in two quarts of water two tablespoonfuls of soap-bark — about five cents' worth. Add this to three or four pailfuls of good suds; the resulting wash should be only lukewarm. Use for black materials, rubbing them between the hands. Give careful attention to grease spots. Use clear water of about the same temperature as the suds for rinsing, squeeze out the water with the hands, and hang in the shade to dry. While still damp, iron on the wrong side. This is suitable for alpaca, serge, cashmere, camel's hair, ladies' cloth, and, indeed, almost any black woolen cloth.

**TO TURN OUT
PUDDINGS
AND JELLIES.** When a hot boiled pudding clings to the mold, apply to the outside of the mold very cold water for about thirty seconds. If it is a cold pudding, a blanc-mange, or a jelly, use very hot water, and turn out the contents of the mold immediately to prevent its softening. In the case of ice-cream, wrap around the freezer a cloth wrung out in boiling water.

**TO WASH
CARAFES.** Add a teaspoonful of soda to hot soap-suds. Put in shreds of newspaper. Nearly fill the carafe with this, shake occasionally for the space of half an hour. Empty, rinse with hot water, and drain. Wipe the outside, but let the inside dry by standing.

**INK STAINS
IN WHITE
GOODS.** Pour a few drops of chlorinated soda upon the inkspot. If the first application does not remove the spot, try a little more of the liquid. Wash immediately. The chlorinated soda is comparatively inexpensive, ten cents' worth being enough to last for some time. This preparation is excellent for cotton or linen, but will eat silk fabrics. Chlorinated soda is a poison, and should not be left within the reach of children.

**CURTAIN
POLES.** The wooden poles which are used to support portières and curtains, will allow the hangings to slip easily if rubbed with hard soap.

**INK STAINS
ON SILVER.** A paste of chlorid of lime and water rubbed upon the ink stains, so often seen on the tops and other portions of silver inkstands, will be found very successful.

**TO PRE-
VENT MOLD.** A little carbolic acid mixed with paste, mucilage, and ink, will prevent mold. To each gallon of whitewash, add an ounce of the acid, and the cellar or dairy will be free from the disagreeable odor which so often permeates those places.

**HOME-
MADE
TRACING
PAPER.** Dissolve a piece of beeswax the size of a walnut in half a pint of turpentine. Float the paper on this bath, and let it dry two or three days.

**BRASS-
WARE
POLISH.** An ounce each of oxalic acid and sweet-oil mixed with six ounces of rotten stone, and made into a paste with water, will prove of much more value in cleaning and polishing brass- and copper-ware than the usual liquid polish. Apply sparingly, and rub dry with a flannel or leather.

SPOTS ON FURNITURE. These can easily be removed with this fluid: four ounces of aqua ammonia, and an ounce each of glycerine, Castile soap, and spirits of wine. The soap should be dissolved in two quarts of soft water, before adding the other ingredients. Apply with a soft sponge.

TO KEEP MILK SWEET. Milk will stay fresh for several days if a spoonful of horseradish is put in each panful of milk.

WATER-PROOF PAINT. Into the ordinary mixture of coloring matter and linseed-oil, stir the following: Three gallons of fish oil, in which has been melted one-half pound sulphur, and six ounces of resin.

SIMPLE VENTILATION. A pitcher of cold water, placed upon a table in a room, will absorb many of the impurities contained in the air. This is especially useful in the case of sleeping-rooms when the state of weather prevents using the windows for ventilation.

ANTS. These troublesome animals can be kept from the sugar-box by making a heavy chalk-mark so as entirely to surround the box.

BLACK AND BLUE SPOTS. Discoloration caused by bruises can be removed by applications of hot water or raw beefsteak. If hot water is used, wring out a rag, and lay it on the bruise, remoistening frequently.

A CLEANSING FURNITURE POLISH. Shake well together one-half pint, each, of linseed-oil and ninety-five per cent. alcohol, and one-fourth ounce, each, of pulverized resin and gum shellac. Apply with a brush or sponge.

PIANO KEYS. Alcohol is the best cleansing agent to remove finger marks from the delicate surface of ivory piano keys.

PAINT ON SILKS. The most delicate colors or fabrics will not be injured in the slightest, and at the same time will be freed from paint spots, by a thorough and patient rubbing with chloroform.

TO FRESHEN GILT FRAMES. After freeing the frames from all particles of dust, wash with the whites of three eggs in which has been beaten up an ounce of soda. Gold paint may be used to touch up any scraped patches. The only safe way to clean oil-paintings is to wash carefully with Castile soap and water.

TO REMOVE PAINT. To free window-panes from paint spots, dissolve ten cents' worth of oxalic acid in a pint of hot water, and apply with a swab, taking care not to let the acid touch the fingers. This wash is also good for paint-flecked brass. It is a poison, and should not be left within the reach of children.

TAR VS. TURPENTINE. Saturate the tar-stained cloth in turpentine, and rub well and long.

TO DESTROY ANTS. Dissolve over a hot fire four ounces of flour of brimstone and two ounces of potash, when cool and dry, beat into a powder, mix with water, and sprinkle where the ants are thickest.

MOSQUITOES AND RATS. An uncorked bottle of oil of pennyroyal left standing in a sleeping-room will serve to keep mosquitoes and other blood-suckers away. Potash mixed with powdered meal will do the same in the case of rats.

- A RUST PRE-VENTIVE.** Steel knives not in general use may be kept free from rust by dipping them in a strong solution of soda, then wiping dry, and rolling in flannel before putting away
- TO KEEP FLOWERS FRESH.** Wet thoroughly, put in a damp box, cover with wet cotton or wet newspaper, then keep in a cool place. By these simple precautions the air is kept from the flowers, and consequently they will last for some considerable length of time.
- TO SOFTEN BOOTS AND SHOES.** Water-soaked boots which are so stiff as to be uncomfortable may be made soft and pliable by the judicious use of kerosene.
- ECONOMY IN SOAP.** Bar soap cut in half and thoroughly dried becomes hard, and will last longer than ordinary soap.
- SILVER COFFEE-POTS.** When not in use, they should be left with a little stick laid across under the cover. In this way fresh air is admitted, and mustiness is done away with.
- UNVARNISHED BLACK WALNUT.** Milk, well rubbed in with flannel, is a great tonic for unvarnished hard woods.
- TO TOUGHEN GLASSWARE.** Immerse the chimney or dish in a pot of cold water, add common salt, boil for some time, and then cool slowly. This renders the article proof against sudden changes of temperature.
- TO CLEAN STOVE-PIPES.** Put a piece of zinc on the live coals in the stove. It will do the business.

**WASHING
IVORY
ORNAMENTS.** Yellow or dusky ivory ornaments should be washed in soap and water, using a small brush in the case of carvings. While wet, place them in the sunshine. Repeat this process of alternately soaping, and drying in the sunshine for two or three days, and as a result they will be as white as when new.

**TO CUT
GLASS.** Make a mark with a file to begin the cut, then apply the red-hot end of a pointed poker. A crack will follow the path of the poker.

**PURE CISTERN
WATER.** An easy way to purify the water in a cistern is to hang a bag of charcoal well in the water.

**EGG-STAINED
SILVER.** Salt applied dry with a soft cloth will remove the egg stains from silver.

**FRUIT, FISH,
AND VEGE-
TABLES IN
TIN CANS.** It is unwise to stir any eatables in the tin can in which they may be packed. Nor is it wise to let them stand in the tin can for any length of time. In removing cakes or pies from bright tinware, take care that the knife you use for lifting does not scrape off flecks of the bright metal.

SOME DON'TS. Don't use for cooking purposes any water which has stood in a stone reservoir. Don't keep fresh meat in paper; it absorbs the juices. Don't store vinegar or yeast in stone jugs; their acid attacks the glazing. Use glass.

**EASTER
EGGS.** If fancy designs are desired, bind the eggs round about with narrow, colored ribbons, and boil for about ten minutes. For solid colors, use chips of logwood which gives purple; onion peel, yellow; loaf-sugar, purple.

IMITATION CORAL BASKETS. Shape a small basket of pasteboard; dissolve a stick of sealing-wax in a small quantity of alcohol; wet the basket with this mixture, and then sprinkle on it half-ground rice. As soon as the first coat dries, apply others until the basket is well covered, then paint it with the mixture until the proper shade is reached.

ABOUT CARPETS. The increase in the length of life of a well-laid carpet more than pays for the time and care spent in accurately measuring and carefully lining and tacking it. Carpets should fit the floor so snugly that all danger of their sliding about beneath the feet is eliminated. Floors that are a little uneven or rough should be made smooth by the aid of thick layers of newspapers. In general, try to match the figures in a carpet, for this little point adds much to the appearance of the room. In laying the carpet, begin at the mantel or fireplace if there be one, tack carefully around that and work back from there, stretching as tightly as possible. In cutting for mantels, registers, etc., always fold the surplus carpet underneath so that, if necessary, the carpet can be rendered fit for a differently appointed room by means of a little judicious darning.

Carpets may be freshened and brightened by sprinkling with tea-leaves and then sweeping thoroughly but lightly. Grease spots may often be removed by covering with clean, white blotting paper or coarse brown paper, and then passing over this a warm flat-iron.

DOORS THAT SQUEAK. Oil the hinges with a drop or so from the sewing-machine oil-can, and they will no longer squeak.

TEST FOR NUTMEGS. The prick of a pin will cause oil to flow instantly if the nutmeg is of good quality.

TO REVIVE BLACK CLOTH. Boil two hours and then strain two and one-half quarts water in which has been dissolved one-fourth pound green vitriol, one pound logwood, and one-half pound bruised galls.

SOME SCENTS. **FOR NOTE-PAPER.**— Powder together one-half ounce each starch and orris root, add four drops attar of roses, and keep in tiny bags in the writing-desk.

FOR LINEN GOODS.— Pound into a powder one ounce each cloves, caraway seeds, and allspice, and four ounces dried rose leaves. Mix with this one ounce common salt (dry), and put into little bags.

FOR CLOTHES.— Pulverize one-half ounce each cloves, cedar, and rhubarb. Sprinkled in the chest, drawers, or clothes-press, it will prevent moths, as well as creating a beautiful scent.

TO REMOVE INK FROM PAPER. Dip a small camel's-hair brush alternately in solutions of oxalic acid and cyanide of potassium, applying to the inked surface.

DEATH TO FLIES. Make a mixture of two drachms extract of quassia and one-half pint boiling water, add a little syrup, and run on to plates. This is as effective as a solution of arsenic, and does not endanger the life of inquisitive children.

POLISH FOR IRON OR STEEL. Moisten a leather with this paste: Two parts of emery dust to every part of soft soap.

CRYSTAL-LIZED GRASSES. In one pint of hot water dissolve nine ounces of alum. When cooled to blood-heat, put in the grass, watching it, and removing it, when the proper sized crystals have formed. Dry on paper. Powdered paints sprinkled over the grass as it comes from the water will yield pretty shades of color.

BRONZING LIQUID. Dissolve, by the aid of a water bath, in a four-ounce bottle half-filled with alcohol, fifty grains, each, of benzoic acid, violet aniline, and red aniline. Boil until the greenish color has changed to a brownish bronze. To be used on leather, metal, or wood.

PLANT FOOD. Add to a gallon of water fifty grains of the following:
Nitrate of potassium, two parts; sugar, one part; sulphate of ammonium, four parts. Use not oftener than twice a week.

SOME INKS. **BLUE.**—Powder equal parts of oxalic acid and Prussian blue, adding soft water to get the proper shade. Add powdered gum arabic in the proportion of one tablespoonful of the powder to each quart of ink.

INDELIBLE.—Dissolve nitrate of silver in double its weight of water. Immerse the linen to be written on in a solution of one drachm salts of tartar to every ounce of water. When dry, write with the foregoing ink, using a new, steel pen.

CARMINE.—Dissolve in one-half ounce of water, twelve grains of finely powdered carmine, three ounces spirits of ammonia, and eighteen grains gum arabic.

BLACK.—Let four ounces of logwood simmer for an hour in one quart of water. Dissolve in a little hot water six grains bichromate of potash and three grains prussiate of potash, and stir into the liquid over the fire. Strain carefully.

GREEN WRITING.—Dissolve an ounce crystal of verdigris in a pint of vinegar, add a solution of one-half pint of water, five drachms gum arabic, and two drachms white sugar. Let it stand for two or three days, then strain.

PURPLE. Boil for about twenty minutes, an ounce ground logwood, and one-half ounce pulverized alum in one and one-half pints soft water. Strain and keep in an air-tight bottle.

REMOVING THE SMELL OF PAINT. Close all the doors and windows opening into the room. Place a vessel of lighted charcoal in the middle of the floor, and throw upon the coals two or three handfuls juniper berries. In about twenty-four hours the smell of paint will have entirely disappeared.

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